



# Robert’s photograph on a stamp

“Pleasantly surprised and honoured,” photographer Robert Bourdeau told The Riverview Park Review when he learned that one of his many award winning photographs was to appear on a Canadian stamp this July. Bourdeau, who for a lifetime has taken photographs all over the world, modestly described it as “marketing” when he was praised in Paris as “one of the most important photographers in Canada.” Yet this

Order of Canada recipient has a portfolio of photographs exhibited from Switzerland to England and scores of places in between that defies undue criticism of that praise. Earlier this year his flora and fauna work was exhibited under the title of Photography of Canada 1960-2000 at the National Gallery of Canada in Ottawa. His grants and awards include not only the Order of Canada but also the Karsh Award, the Adver-

tising and Design Club of Canada award for still-life photography, twice a Canada Council senior arts grant and election to the Royal Canadian Academy of Arts. He uses an 8”x10” view camera and an eagle eye for a good photograph that many photographers would likely miss and he lives here in Riverview Park. Bourdeau does not yet know what price stamp his photo will adorn. This veteran photographer says



he has no plans at the moment for his next work of photographic art.

# Be amazed by Hillcrest High School!



Scharara’s class assignment from Mr. Olson and the Communication Technology class was a Photoshop merging of graphic design and photography. She called the assignment, *Tinker Bell*, a fairy character in J.M. Barrie’s play, who has several times appeared in Disney movies. PHOTO CREDIT: YOCABED

From arts and athletics to international citizenship and music, Hillcrest takes the educational experience from local to global.

**BLACK HISTORY CLUB**  
*by Mary Enns, Teacher Advisor.*  
“Our club began in 2011 when some Gr.10 girls wanted to do something for Black History Month. It was getting late in February when things were organized, so we built it into a year-long club. By September 2011 our club leadership team included a Grade 12 boy and girl. We had a few field trips and guest speakers early on to get started. This group of leaders won the City of Ottawa’s Black History Month Community Development Award for Youth in January 2012, hosted at City Hall. It was a great experience and honour. From then on, many



The T-shirt worn by Mary Enns helps to convey that she is the teacher adviser to Hillcrest’s Black History Club students. She is seen with Spoken Word artist Prufrock Shadowrunner, who keeps Black History Month up there as a going concern in the capital and in Canada. PHOTO CREDIT: BRIAN MORPHY



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# The Cuban name for Trinity Church may well be benevolence

by Pastor Franklin Chouinard

The name Trinity Church of the Nazarene has had people asking “What kind of church is that?” over the many years since the congregation became part of the Riverview Park community. Trinity brings historical background to mind, so many have wondered if the church is an old-line or traditional Christian denomination. At the same time, Church of the Nazarene is not a main-line or traditional name, so people were unsure about the beliefs of the congregation. And since the building itself does not look like a regular church, it was off-putting.

In answer to the question, the Church of the Nazarene is a Protestant church with Wesleyan-Methodist roots. The denomination began in Los Angeles in the late 1800s as a centre of compassion in the inner city. Within a few short years the denomination grew, and today the International Church of the Nazarene operates in 160 countries world-wide. It is well-known for involvement in compassionate ministry, encouraging Compassion as a Lifestyle as well as for encouraging people to develop a deep relationship with Jesus Christ.

Locally, the Trinity congregation meets together for a blended traditional/contemporary service Sunday mornings at 11:00. An Hispanic congregation meets Sunday afternoons at 3:00 pm. Trinity Church also hosts the Alta Vista Cooperative Nursery School. The AVCNS is licensed by the



The after-effects of the hurricane to La Maquina church.

Ontario Ministry of Education and is staffed by fully qualified ECE workers. It has operated from the church for the past 25 plus years. Its program has expanded from a part time day program for pre-school aged children to a full day program.

Quality after school care is also available.

Trinity Church continues to share a portion of its property for use as a community garden. This has been a wonderful partnership between the church and the local community. The scope of the garden continues to expand, and the congregation is glad to see the land used wisely and for good purpose rather than lying fallow. Gardening will begin in earnest in the days ahead.

For the last number of years the Trinity congregation has supported La Maquina church, a small rural congregation in eastern Cuba close to Guantanamo Bay. The church was devastated by Hurricane Matthew in the fall of 2016, with 95% of the congregation affected and their church building itself destroyed. Trinity raised money for the congregation at an annual International Food Fair/International Potluck Dinner and at a January beach party fellowship. The Lone Star Texas Grill provided their famous chips and salsa for the January fundraiser, and their generosity was very much appreciated.

More information about the activities of Trinity Church can be found at the church web site [www.ottawatrinity.ca] or Facebook page, by following Pastor Frank on Twitter @TheFrankPastor; by e-mailing the church at ottawatrinity@rogers.ca or by calling the church at 613-731-8926 . . . or join the congregation in worship Sunday mornings at 480 Avalon Place (at Braydon).



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# Confucius still plays role in Asian buffet

by Carole Moul

The sayings of Confucius are many, and there is no doubt one for almost every occasion. Countless have been recorded as to be true while others have obviously been created over the thousands of years since Confucius was born, Kong Qiu, in 551 B.C. Perhaps the most famous of his quotes is, “What you do not wish for yourself, do not do to others,” or the Golden Rule.

Known as a teacher, politician and philosopher, it is the teachings of Confucius plus those of his followers that have since been infused into almost every aspect of Chinese culture. It may have been thousands of years ago, but this was a person who understood much for his time.

In particular, the Philosophy of Confucius remains deeply reflected in the culture of Chinese food. As part of this philosophy, there was the belief that friends and food were an inseparable part of life, and as such, much importance was given to the art of cooking and the enjoyment of foods.

Many Confucian culinary principles would seem to be quite modern to the food lovers of today: eat fresh and local; do not eat food out of season, and protect the environment. Other principles, also steeped in a tradition of Confucian beliefs, are no longer adhered to as much since these took place in the hierarchical structure of the feudal society in which Confucius lived. Examples of these include the ancient worship rituals, seating arrangements, plus the location and angles of dishes. Adherence to a proper way of preparing, serving and eating food, avoiding food spoilage, and drinking only in moderation were also important Confucian principles.

It has been said that Confucius also believed that food should be served in small or chopped pieces



cut away from the dinner table, and knives were not to be kept on a table out of respect for guests. Other suggestions included eating only at mealtimes, and maintaining silence during the meal, with both ginger and meat to be eaten in moderation.

A great amount of importance was given to ‘the art of cooking’. It is not the individual elements, but the harmony of fine blending of food that result in great taste. Colour and texture were also of great significance to Confucius, achieved in part when food was properly cooked.

Does Confucius play a role in our dining habits at Asian restaurants? Contemporary evidence of many of these Confucius food basics can be seen when diners share an Asian meal together with family and friends.

Large booths or round tables at restaurants are definitely available to accommodate a good number of diners although silence is not always practised when it is obvious that so many people are having such a great time. Bite size portions are in evidence with the various dishes available to guests, and chopsticks are offered although knives and forks are on hand

Owners of local Asian restaurants such as John Ke at 168 Sushi on 1760 St. Laurent Blvd., put a great deal of effort into buying locally and in season as much as is possible while his sushi chefs plus others specializing in specific areas of food preparation are dedicated to creating artful individual dishes.

Yes, Confucius may have been



gone since 479 BC, but it is no doubt his voice and reasoning that are still guiding those who give us the opportunity to enjoy today’s Asian Buffet.

168 Sushi Asian Buffet is located at 1760 St. Laurent Blvd., between Smyth Road and Industrial Avenue. Open 7 days a week + holidays. All You Can Order from over 168 items. Order the On-Line Sushi for Take- Out or Delivery. In the restaurant there is iPad ordering right at your table. OR Telephone: 613-523-1680. 168SushiBuffet.com



Ken Walker, Kelly McGurrian, and Helen McGurrian, having just crossed the Finish Line on April 9th, 2017 after the Paris Marathon. Pictured here, they have just donned their medals and official T-shirts. “What an amazing experience to run past all the sights of Paris. The background is quite fitting with the Arc De Triomphe,” said Helen.

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Oak Park resident, Joan Eliesen, was one of the many that enjoyed the musical program at Oak Park on May11th. Seen here with tenor Iain Macpherson and pianist Andrew Agar.

PHOTO: GEOFF RADNOR

## Oakpark residents enjoy musical mornings

*by Geoff Radnor*

Next year the musical program at the Oakpark Retirement Community will celebrate its 10th anniversary. On Thursday May 11th tenor Iain Macpherson returned for another performance for the residents. His songs ranged from popular opera arias to well known ballads such as Danny Boy. Iain is the Music Ministry Coordinator at Rideau Park United church. Also appearing was accompanist and soloist Andrew Agar, on the fine Yamaha piano at Oakpark. He is not only a pianist but also a composer. A piece he is working on is scheduled for a premier with the Toronto Symphony Orchestra in November. His next project is an opera based on The Great Gatsby. Iain and Andrew provided a real treat to the Oakpark residents.

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RIVERVIEW... THEN

What a difference!

by Paul Walsh

This 2006 aerial photograph shows just how much has changed in Riverview Park in a decade!

The major difference is in the growth of the Ottawa Trainyards Shopping Centre complex near the top of the photograph. While Walmart seems finished, no other development has started beside it... although construction equipment is still preparing the road beds and parking lots.

On the far side of Terminal Avenue, just passing between the Ottawa Train Station and Walmart, no work has begun on the two ten story office buildings that now sit on the sites in front of the Shopping Mall. Several other office towers are planned for the future along Terminal Ave., we are told.

Keen eyes will note the open field that occupies the future site of Maplewood Retirement Community on Industrial Ave., by Neighbourhood Way. It would be another several years before that development took shape.

Across from the Post Office, on the other side of Industrial, between Riverside Dr. and Alta Vista Drive, there is no sign of the Cancer Survivor Park and the Maplesoft Centre of the Ottawa Regional Cancer Foundation. This Park complex, today, is a wonderful 'Welcome' into Riverview Park.

While construction has certainly begun on the new Alta Vista Hospital Link (Ring Road) from Riverside, across Alta Vista, and around to the Hospital complex on Smyth Road, no evidence of that significant roadway shows in our image either, along the bottom of the photograph.

So many, many changes in this short space of time certainly leads one to think about what the next decade might bring us!!



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In this issue of the Riverview Park Review there is an emphasis on local schools. Our own Editor Primus Inter Pares\* has focused on three of the Public Schools in our catchment, Riverview Alternative, Vincent Massey Public School, and Hillcrest High School. Each of these schools is trying to maintain and generate interest in their curricula in order to keep up their enrollment levels

To varying degrees, all local schools are struggling with enrollment. Enrollment levels affect resources and the quality of education, but also impact the local community as a linchpin of community connection. Small localized schools once generated a sense of cohesion in their community, all that is going to change.

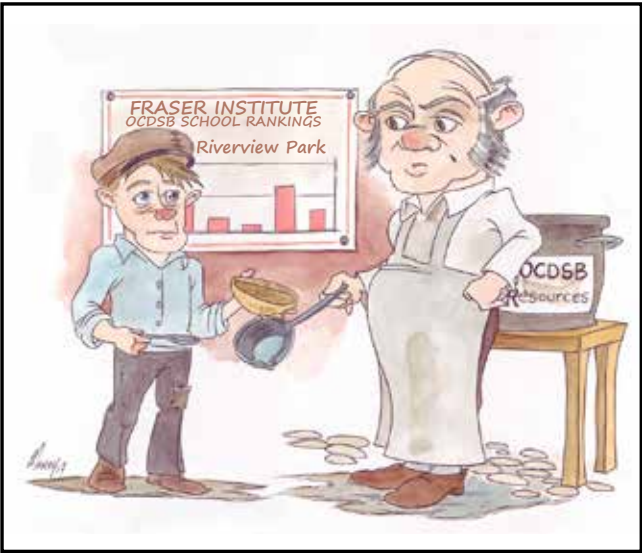
The Fraser Institute ranks both secondary and primary schools in the OCDSB tracking school performance over the last five years. Based largely on the EQAO results, the rankings graphically illustrate the inequities among schools - including those in our own back yard. And more importantly for Riverview Park, what impact that ranking will have on our neighbourhood.

Between 2004 and 2014 the spending on education had gone from \$18.4 billion to \$25.7 billion, an increase of \$7.3 billion. At the same

time, enrollment decreased from 2.1 million to 2.0 million. As a result, there was a 25% increase in per student spending over that 10 year period. It would be difficult to show that the impact of that money was felt evenly across the province, or even locally.

Teachers' unions and school board members are quick to point out that there are issues outside of the classroom that negatively impact the ranking of schools. However, as a means of distributing "Best Teaching Practices" and budgetary resources, the ranking could be used to even out the educational playing field. For example, locally, schools are currently ranking between 0.8 out of 10, and 7.4 out of 10, while Barrhaven schools are ranked among the top 15 schools in the province. Are resources being reallocated to increase these local school's rankings?

While it may seem at best Socialist to take resources from a successful area like Barrhaven, and reallocate them to lower ranking school zones, it would even the playing field. Notably, some first time home buyers with children, are researching neighbourhoods, and are buying based on school rankings. The OCDSB has a policy of disallowing cross boundary academic "shopping", but no one is stopping families



from going where the best ranked schools are. This will only perpetuate the problem and leave lower ranked school zones lacking in people and resources.

Schools and school boards have access to this information, and are slow to act. They are, after all, institutions. But they should be aware that by the time they do enact some kind of resource parity, parents and children will have moved on, and any sense of community awareness will disappear with them.

*\* For those who remember the first Trudeau government, this is Latin for "First Among Equals"*

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Got an opinion to share? Please send letters to [editor.riverviewrpr@gmail.com](mailto:editor.riverviewrpr@gmail.com). Your name, address and phone number is required for verification. *Please remember to recycle this newspaper.*

**Please note that the opinions published in *Riverview Park Review* are those of the authors and do not necessarily reflect the views of Riverview Park Review.**

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Ottawa streetcars at mid-century

A ride on the Preston-Rockcliffe Line

by Bruce Dudley

In this issue you'll be getting a ride on my OTC 800 class streetcar, the one with the big 'R' on the roof to show you that the car is dedicated to the Preston-Rockcliffe line. We'll start at the Preston end of the route, on Norfolk at Carling. I get there as shown on the map. I'm going south on Preston and, as I near Carling, the track takes me left onto Adeline then right onto Norfolk and when I stop at Carling I'm at the end of the line. The map below shows this 'old' loop as it was in 1950 when Carling Ave. was only 2 lanes. When Carling had to be widened, this old loop was replaced by a new turning loop installed on the west side of Preston at Sydney St. in 1951, indicated on the map.

My leave time of 9:40 is coming up so I set my front and side scroll signs to show 'ROCKLIFFE', I change my transfers to 'PRESTON', setting the cutter at 9:40 and, right on time, I release the brakes, pull a little power on the controller and away we go. I pull off of Norfolk turning right onto Carling then right again onto Preston northbound, passing the Esso station on the corner. As I go by Adeline I cross over the southbound track and then we're clear on Preston. I'll refer to sights on the right side of the car on the way to Rockcliffe and we'll check out the other side of the line on the way back to Preston. The first spot many will recognize is the Prescott Hotel on Preston St. at the corner of Beech; great Italian food since 1934! Next is the Preston Bowling Lanes, then we reduce speed to go under the CNR centretown tracks at Young St. and before you know it we are stopping for a few passengers at Somerset St.

Crossing Somerset we are reminded, by the sound from the wheels, that we are running over



The 859 on Preston Street. PHOTO: AL PATERSON, BRUCE DUDLEY COLLECTION.

the only 'diamond' special track on the OTC System. In a few blocks we stop at and turn right on Wellington St., passing S & S Auto Parts on the corner, then James Davidson's lumber mill. We now become eastbound on Albert St. as Wellington angles off to our left at Ottawa's version of a flat-iron building.

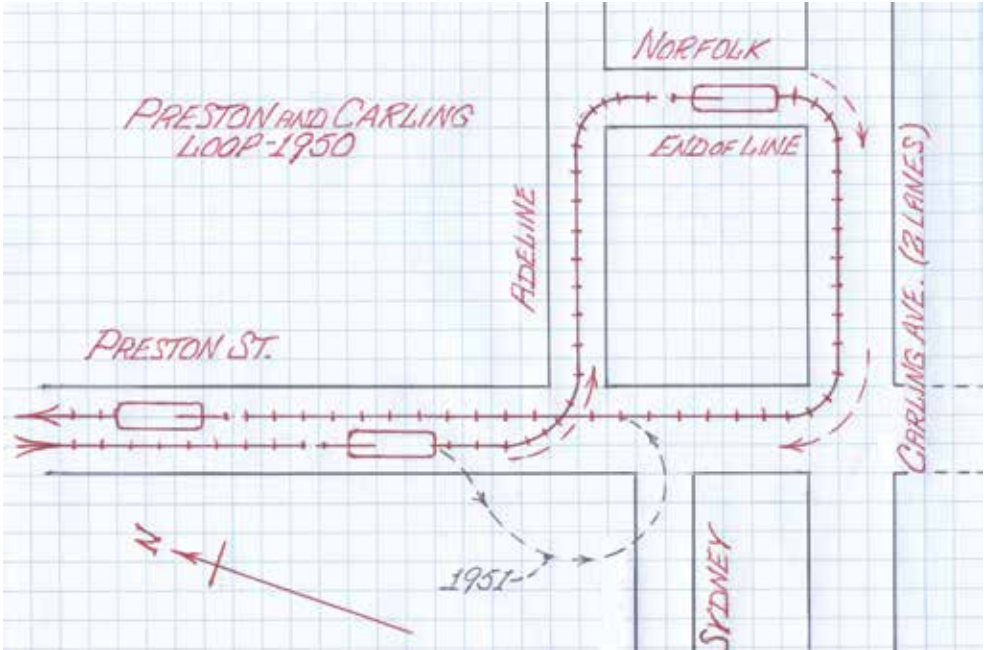
As we approach Bronson Ave. we are on a sharply increasing grade and after we get to the top of the hill and through a gentle right turn we have Ottawa Technical High School on our right side. Continuing on past Lyon St. we pass the Ottawa Car Manufacturing complex (closed since 1948) where the streetcar we are riding in was built in 1924! Then it's on to the intersection with busy Bank St. Here we turn left on Bank, merging into the stream of four other streetcar lines, then right on Queen where we pass Dominion United Church at the corner of Metcalfe before coming to Elgin.

Across the Plaza we go, past the island stop for the Union station. Now a cautious turn as we swing left onto Sussex St. Running north, we cross St. Patrick St. and past the Basilica and then the Ottawa General hospital (as it then was) before curving eastward towards the Green Island bridge over the Rideau River. Ap-

proaching the first bridge a spring switch swings us over to a single track that takes us on the north side of the bridge, the south side handling motor traffic. Now on Green Island we come to cross the second bridge (paired with a separate, parallel structure for motor traffic) double-tracked and dedicated to streetcars. Another spring switch keeps us on the eastbound track and back onto Sussex St. We pass John then Alexander Streets on the right and past the entrance to Government

House, residence of the Governor General, and finally Princess St.; it's blending point with the Federal Drive being the former location of the OER Rockcliffe car barn.

Now we are on a picturesque strip of private right-of-way that brings us to the turning loop at Buena Vista and Lisgar Rd. in Rockcliffe and the end of the line. Our trip has taken approximately 30 minutes and when my watch shows 10:40 we'll head back to Preston St. But we'll save that for the next issue.



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Are you ready for the next flood?



DAVID CHERNUSHENKO  
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Capital Ward got off lightly again during a spring that had all the ingredients for a major flood. By the time the heavy rains of late April and early May hit the region, the “spring freshet”, or melting of accumulated winter snow and ice, had already passed in the Rideau River catchment area. While the waters of the Rideau lapped at many doorsteps, it caused no major damage to city infrastructure or property.

Sadly, the same cannot be said for many communities along the Ottawa River. Slow-moving weather systems brought sustained, heavy rain just as the river’s more northern watershed was reaching the peak of its spring freshet. We all know what followed.

With the benefit of hindsight, there is much we can learn from this and other past floods.

First, never say, “It can’t happen here” or “I’ll have plenty of time to get ready if it does.” Major floods can happen anywhere, whether from the annual freshet or flash floods following intense rain storms. The interval between “everything is fine” and “uh-oh, we have a problem” is measured in days if not hours, which leaves little time to prepare. Have a plan for removing valuables, moving furniture and carpeting to a higher floor, shutting off electricity, finding accommodation for family and pets, and acquiring emergency supplies, including food and water.

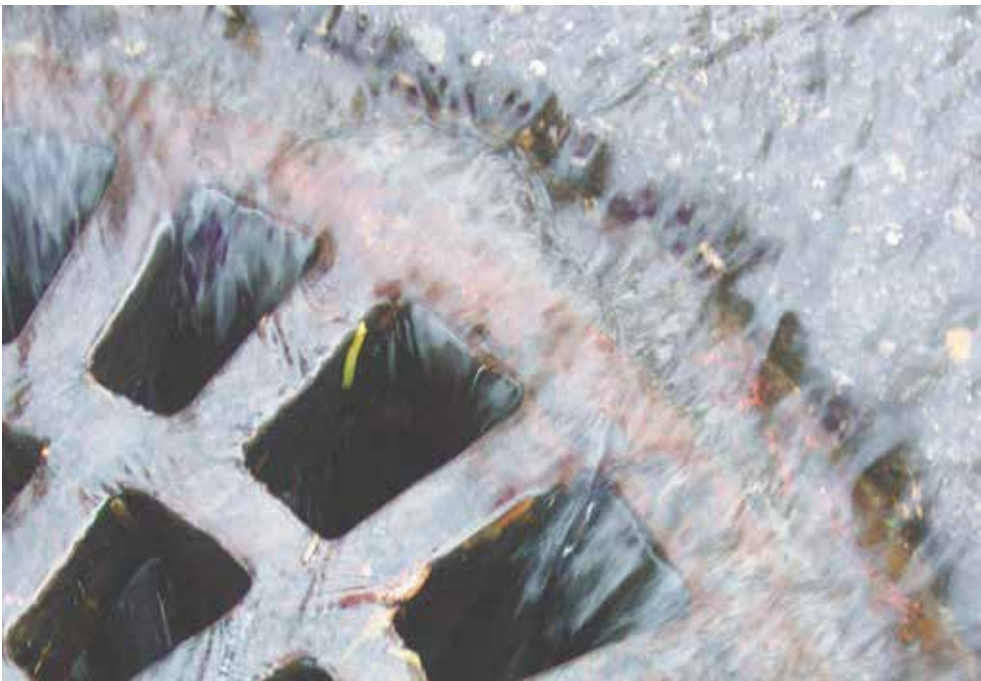
Second, find out if you live (or have a cottage) in a flood-prone area

and, if so, learn what you can do to minimize your risk. How watertight is your basement? Where would you place sandbags to protect your home? Do you own a sump pump and a generator? How would you set up that pump to direct water away from the building, and avoid dangerous fumes from the generator?

Third, review your insurance policy. Are you covered for flood damage? Can you be, and at what cost? If not, why not?

Fourth, insist that municipalities and conservation authorities update their publicly-available flood maps to reflect climate patterns and changes to land use. Without these, citizens cannot make informed decisions about if and where to purchase a home, and cities cannot properly assess the risks of approving construction in flood-prone areas. The Rideau Valley Conservation Authority and the City of Ottawa are currently updating our maps, in the knowledge that much has changed in light of newer housing developments and higher anticipated risks associated with climate change.

Fifth, do your part – and insist that all governments do their part – to protect land that serves an important function by absorbing and holding flood water. We must halt and reverse the trend towards widespread paving and hard landscaping that make the ground less permeable and thus less able to absorb water. Keep your yard as “soft” as possible by protecting existing trees and by favouring plants



over paving stones.

Finally, accept the fact that climate change will increase the likelihood of flooding. That’s why the insurance industry has been outspoken about reducing greenhouse gas emissions. While others are still in denial, insurers see the spike in claims related to flooding and other “natural” disasters in Canada and globally. In response, they must raise premiums for some types of coverage, or simply exclude it where the risks and costs can no longer be adequately covered.

Were the floods of 2017 the result of climate change? We can’t draw a direct causal relationship to one specific incident. But more extreme weather events are happening around the world. It’s up to us, citizens and government alike, to play our part in flood prevention, adaptation and response.

*Councillor David Chernushenko  
613-580-2487 | David.Chernushenko@Ottawa.ca | www.capitalward.ca*

Capital Ward Open House  
Wednesday, June 21, 7-9 p.m.  
Immaculata High School,  
140 Main St.

With some significant infrastructure projects starting in 2017, I am organizing an open house for residents wishing to view the final plans and ask questions about designs and anticipated construction timing and impacts.

Projects include the long-anticipated footbridge over the Rideau Canal Fifth Ave. and Clegg St., and the Western Rideau River Pathway, which will

connect existing paths and trails from Billings Bridge to the Lees transit station. Finally, there’s a series of changes to bus routes and service related to the launch of light rail service.

But there’s no need to confine questions to these projects. I will be available at this meeting to take questions, hear concerns and discuss whatever issue you wish to bring up, one on one. Or, just call or email my office. I do my best to respond to all inquiries and concerns throughout the year.

Riverview Park Community Association  
ANNUAL GENERAL MEETING

Wednesday, October 25, 2017  
19:00 h. - 21:00 h.      Riverview Alternative School,  
260 Knox Crescent

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- Get answers to your questions and concerns
- Learn about developments in your community
- Offer ideas to improve Riverview Park
- Find opportunities to contribute or get involved in your community
- Participate in the election of the RPCA Board of Directors

For more information: [www.riverviewpark.ca](http://www.riverviewpark.ca)



# Headaches and You

Headaches are one of the most common reasons for visiting the doctor. There are many type and causes of headache. Some are occasional, some frequent, some are dull and throbbing. Muscle tension headache and migraine headache are by far the most common types.

Regardless of the cause, if you suffer from it, you want to relieve the pain as soon as possible. That why most people will take a lot of medication which most of them will have side effects. There is a better alternative.

The research shows that spinal manipulation from a doctor in chiropractic may be an effective treatment option. The reason why is that most of them originated from the neck area. The JMPT (Journal of Manipulative and physiological Therapeutics) study found that chiropractic care improves migraines and cervicogenic headaches.

# Headache Triggers

Headaches occur for a reason. A headache is your body’s way of signaling you that something is wrong. Many reason to trigger a headache like dehydration, improper diet food, excess smoking and drinking but most of them are due to spinal misalignment in the neck. About one in 11200 patients with headache have a problem that show in MRI or CT scan.

# What can the Chiropractor do to help?

Your Doctor of chiropractic is primarily concerned to correct any misalignments of the spine and muscle problem sources of your headaches. He will perform a spinal examination to determine the headaches are coming from a spinal issue. The spinal issue is called subluxation. He might take x-rays to determine the damage and the spinal alignment. If you suffer from headaches do not wait any more because chiropractic has amazing result.

Don’t wait to have pain before consulting Dr. Stéphane Chillis.  
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**Simply Chiropractic**  
A Tip from Dr. Stéphane Chillis



**Simply Chiropractic**



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# Oakpark went a long way in creating a real team effort

by Pam Maskell,

**O**n Saturday, May 13, Oakpark Retirement Community participated in the annual Walk for Alzheimer's along with the other Riverstone Retirement Communities.

The Walk for Alzheimer's is an annual event raising both awareness and funds to support programs and services in the Ottawa area to improve the quality of life for people living with dementia. The event has grown over the years – starting as an indoor walk at Carlingwood Shopping Centre, and then moving to Carleton University. This is the 2nd year that the event has been held outdoors at Tunney's Pasture.

Despite some unfavorable weather, our determined walkers showed up bright and early and were all warmed up and ready to walk at 9:00am. Friends, family members, and residents donated money in support of the walk, and together the Riverstone properties raised \$1,400, with Oakpark raising just over \$500.

Oakpark Retirement Community offers a continuum of care, including a Memory Care Floor designed specifically for residents



with Alzheimer's and dementia. We are honoured to support the Alzheimer's Society at this great event each year to help make a difference in the lives of people in the Ottawa area. We look forward to walking again next year!

For information, or to learn more about Oakpark, please call 613-260-7144 or visit us online at [OakparkRetirement.com](http://OakparkRetirement.com).



**ABOVE:** The Oakpark Members of the Riverstone Team.  
PHOTO: MIRIAM DWYER

**LEFT:** The Riverstone Team participating in this year's Alzheimer's Walk for Memories.  
PHOTO: LAUREN DUFORT

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BOOK REVIEW

# An Ottawa story worth telling

by Bill Fairbairn

After two years of hard work a team of University of Ottawa students are excited to share a piece of Ottawa with everyone this Canadian Sesquicentennial Year. Their photograph on this page shows them as excited as children at a birthday party!

Their *Insider's Guide to Canada's Capital* is a visual guidebook into Ottawa produced by this team of writers and photographers. The goal is to take every reader on a photographic journey through Ottawa's vibrant landscape by offering "travel styles to experience the city and by highlighting eclectic narratives of the creatively diverse locals that live here."

This guidebook differentiates itself because not only does it provide powerful visuals, it also offers a tremendous amount of inside information for exploring Ottawa by night or day.

Co-founders of the *Wingd* team whose work went into the book, Zainab Muse and David Ebere, are originally from Nigeria but quickly called Ottawa their home.

Mayor Jim Watson writes that he is thrilled to have the opportunity to introduce the book. "Ottawa was thought to be a boring city and that would make me a boring mayor. However, I've been known to attend several community events and proclaim as many days as there are stars in the sky. My perceived omnipresence has inspired cartoonists to depict me as cloning myself. Some people even joke that I show up at the opening of an envelope."

The mayor concludes in stating that through this literary and photographic *Insider's Guide* people will see why far from being bored the authors, like many others, have

chosen to plant their roots here.

Zainab Muse and David Ebere for two couldn't agree more. They write of the original intention to squash negative perceptions of millennials as being uncreative and unmotivated people by putting together a team of talented writers, photographers, graphic designers and videographers to produce this guidebook to Canada's National Capital Region with a hyper focus on Ottawa.

For instance how many of us in Ottawa know that the Corktown Footbridge is 70 metres in length across the Rideau Canal. The



The Wingd Team has its photograph taken. SUBMITTED BY MEMBERS



Orchestra of flowers conducted by a bright yellow tulip. PHOTO: DANIEL EFFAH

bridge was opened in 2006 and it is a great place to stop with your special someone because it is home to hundreds of 'love locks'. These are locks that a couple attaches to the bridge in a symbol of commitment to each other. Other spots to visit and events to take in are suggested and photographed lavishly.

Photographs such as that of Jenna Sheikh of Eric Koch and Will Porter are deftly explained: "We are a pair of best friends that reside in Orleans, but we are better known as the takeout restaurant, LunchBox Ottawa. We have a lot of past experience in the Ottawa food industry channeled into... providing people with an alternative from packing lunches and going on expensive lunch outings at

work, school or anywhere else."

As Federal Minister of Small Business and Tourism Bardish

Chagger writes: "It is thanks to groups like the Wingd team that visitors come from all over the world to discover what this city has to offer."

Published by Baico, 280 Albert Street. Tel. 613 829-5141 info@baico.ca The book is available for sale via our online store at [www.wingd.ca/book](http://www.wingd.ca/book) and for in-store purchase at Indigo/Prospero Bookstore on 128 Bank Street and at the Books on Beechwood bookstore on 35 Beechwood Avenue.



Light and Sound show on Parliament Hill. PHOTO CREDIT: TONY LI

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Adrian Harewood of CBC Television visits careers classes and Black History Club, November 28, 2016.



Townhall Meeting on Police and Racial Profiling with Civics students and Black History Club, Dec. 6 at Hillcrest

**BLACK HISTORY MONTH**  
**CONTINUED FROM PAGE 1**  
of Ottawa’s Black community leaders were in touch with us.

Our club meets every Wednesday at noon in a history classroom. Hillcrest HS does not have a Black teacher on staff so students co-lead the club creating a Black space for students. The club is multiracial where students can talk freely, share stories and food, laugh together, play music, discuss race issues, and news. Club activities this year have included guest speakers such as Prufrock Shadowrunner who is a local poet, rapper, DJ and actor, Adrian Harewood from CBC television, Jacqueline Lawrence who is the Diversity & Equity Coordinator at the OCDSB, Nichelle Smith from USA News, Mahamud Elmi, Lila Shibley and Floyd Hutchison of the Ottawa Police, and Chelby Daigle a community outreach leader for the Ottawa Police.

We hosted student leaders and teacher facilitator Adrienne Coddett from Woodroffe HS for a school liaison planning session. In February, the club put on a school-wide assembly based on the theme “Taking A Stand”. We had a couple of pot-lucks, ordered club sweatshirts and the Class of 2017 Black youth will experience the Walk With Excellence from a local secondary school (Lisgar) to a local university (Ottawa U), like many walking together in other cities at the end of May.”

# Be amazed by Hillcrest High School!

**A look at Hillcrest High School's student clubs, classes, sports and more, and the amazing people behind them.**

## SPORTS AND PHYSICAL EDUCATION

The word remarkable doesn’t begin to describe the Hillcrest High School facilities. These are some of the best in the city. There are two gymnasiums, bleachers which make it one of the only schools in the OCDSB enabling them to host major competitions, a fully equipped weight room with 11 brand new spin bikes, and two Multi-purpose fields- one with Artificial Turf and one Grass Field. There are also 4 Tennis Courts and many recreational pathways that are paved and off main roads. Mona LeBlanc is the Department Head for Physical Education.

“I have been at Hillcrest for 15 years,” she communicated recently, “and although there have been a lot of changes in all these years, a lot has stayed the same. I like to think that at Hillcrest there is something for everyone, and that we are small enough to know you, but big enough to serve you.”

The tremendous number of opportunities provided to Hillcrest students indicates that she is absolutely right. And, yes, no matter what the student interest when arriving at their high school, it appears that there is something for each and every individual.

In Athletics, there are competitive teams for many sports. Some are new to students and no experience is necessary. Others are what you would truly call ‘competitive’.

According to teacher, Gary Monsour, for past decades Hillcrest High School has been a dominant force when it comes to Competitive Sports Teams. All one needs to do is to step into the gymnasium and admire all of the championship banners hanging on the walls.

“The key to Hillcrest Sports is to get the students involved as early as possible, specifically when they arrive to Grade 9. We try to get as many Grade 9s involved with Cross Country Running as it is open for all students from all genders and all grade levels. It is a great way for these new students to feel a part of something and be able to recognize more faces in the hallways.

“In recent times, as most are aware, Hillcrest’s enrollment has decreased dramatically due to stricter cross boundary transfer rules and the aging community in the school’s boundaries. The decline in the number of students has a reciprocal effect on the number of teachers in the school. This means that the school has also lost a number of quality coaches. Given all of this, one would think that extracurricular sports would take a considerable hit.

“This is furthest from the truth. The sports scene at Hillcrest remains alive and well. Committed teachers have stepped up to continue programs where coaches were lost. Students remain excited and committed to being a part of a team as they travel through their high school years.

“With this commitment by students and teachers, Hillcrest continues to offer a large number of extracurricular sports teams. This is simply not the case with other smaller schools. Sports Life continues at Hillcrest at a rate that far exceeds other schools with similar enrollment numbers.”

In the Fall Season Hillcrest had Varsity Girls Basketball (competed at OFSAA), Cross Country Running, Golf, Jr. Boys Soccer, Sr. Boys Volleyball, Field Hockey and Tennis.

Selwyn Desouza coached the Girls Basketball Team and noted,

“We won the City Championships "A" Division by defeating Louis Riel 52 - 12.

This qualified us for OFSAA. I believe this is the first time in school history that Hillcrest has sent a Girls basketball team to the Provincial championships.”

Over the Winter Season, students participated in Jr. Boys Basketball, Sr. Boys Basketball, Sr. and Jr. Badminton, Nordic Skiing, Jr. Boys Volleyball, Jr. Girls Volleyball, and Swimming.

During this past Spring Season there has been Track and Field, Jr. Girls Soccer, and Varsity Girls Touch Football, and depending on interest, Hillcrest has been known to offer such sports as Boys and Girls Rugby and Wrestling.

An end-of-year sports award banquet will highlight the successes of the year.

Moreover, if all of these opportunities aren’t enough, a unique feature of this local high school is that students train for and participate in a 5 or 10 K run, and have options to run a community based race, or a school organized fun run; one of about 10 schools in the board that take part in this type of training and initiative.

And, do not be surprised if you happen to recognize students that are involved in the Physical Education Programme out volunteering in the community for events such as the NCM Race weekend or the Army Run; since about 75 students help at each event. This is after all, Hillcrest High School, and as you may have gathered by now, words such as can’t or won’t just are not part of their vocabulary.



In the fall the Girls Basketball Team won the City Championships A Division by defeating Louis Riel 52 - 12. This qualified the team for OFSAA.

**Members of the team: FRONT ROW(L to R): Lydia Kropp, Angelica Baker, Remi Dakik, Linda Bui, Nada Ghadban, Alexa Hajjar. BACK ROW (L to R): Mr. de Souza (Coach), Nickesha Grouse, Shannon Plaunt, Rebecca Plaunt, Ruth Stead, Ella Widdis.**

SUBMITTED BY SELWYN DESOUBA



Grade 11 student, Grace There’s a sport for everyone at Track & Field. the finish line.

PHOTO: GREG MONEY



Phys. Ed. Teachers, Jeremy Nibogie and Mona LeBlanc watch the 5K Run finish line. PHOTO: CAROLE MOULT





Cara and Emily re-create an iconic stamp for the Hillcrest Art Department.



All these happy faces are celebrating Every Child Matters. Look at the wonderful T-shirts they're wearing! Every Child Matters is an initiative to recognize that every child does matter, especially indigenous youth.

PHOTO SUBMITTED BY  
CHRISTOPHER OLSON

# Amazing Hillcrest!



**GLOBAL VILLAGE NIGHT**  
Welcome to Global Village Night from: (Back row) Jessica, Joyce, Reem, Karine and Julia and (Front row) Salwa and Sawsun

PHOTOS SUBMITTED BY  
CHRISTOPHER OLSON



It was an evening of music, food dancing and cultural dress! Thank you, Sabrina, Amna, Amna, and Hibha.

## THE GERMAN EXCHANGE PARTNERSHIP

Every two years, for the last twenty, Hillcrest High School students have participated in this educational exchange. It began with one of the high school's retired teachers, Gisela Ehrenberg, who had come from Bonn, Germany, and fortunately the exchange has continued to carry on with her generously helping as an invaluable resource. Currently, Kristine Klassen is the Teacher Advisor of this enthusiastic group. The school in Germany is Sankt Adelheid and for the past two times Ottawa high schools, Hillcrest and Canterbury, have partnered in this wonderful cultural exchange. Originally, the exchange included only students in German classes, however over the years the trip has become more generalized with regard to those who participate. In October, thirty German girls came to



The Cologne Cathedral

Ottawa, and were billeted with the same thirty students who went to Germany from March 10th to March 24th including the March Break. The trip is self-funded in four instalments, thus, over the two years between



What fortunate students to visit the Cologne Cathedral and Heidelberg Castle and Bridge.

the trips the students have the opportunity to earn the money. Moreover, it is also made more affordable because for the most part the students stay with their billets. Photos from the trip show how wonderful memories can be achieved. What an experience to visit such beautiful places.

## AN INTERVIEW WITH KATIE LEONARD

*Student Co-President, Hillcrest High School*

**What has been the greatest lesson you have learned this year?**

I think that one of the most important skills that I've come to experience is the importance of making an effort to understand people. Every person has a story and I have come to appreciate that when you take the time to listen and learn about these stories solutions to problems and new innovative ideas are created.

**Does the role as Student Co-President this year interest you in politics?**

I was never interested in politics before this role and I'm not quite sure whether I will continue to foster the political part of me. I have learned that I definitely prefer the leadership aspect of politics rather than the confrontational side of it. But as John Spence said, "You cannot change what you refuse to confront."

**How did you become Student President?**

A wonderful friend of mine came up with the slogan "Don't be stingy, vote for Giny." That was kind of the beginning of my campaign and where the use of the colour orange came in (orange candies, orange pins, orange T-shirts, etc.). I went around to as many students as I could and asked them what they would like to see happen, or change for that matter, in our school. Through these amazing comments and suggestions from students my campaign was born.

**What are your best memories of Hillcrest High School?**

There was no year throughout my high school experiences that was better than the others. They all had their highs, and lows of course, but it is the highs that will always come to mind when I think of Hillcrest. The highlights range from my orientation day in grade nine to my first high school dance.



Friends, Olivia, Joyce, Kamryn, and Erika, join Katie Leonard (R) at the May BBQ. PHOTO: CAROLE MOULT

So many amazing people and such extraordinary memories!

**Were you able to join any of the Hillcrest clubs or activities over the years?**

My mom always told me to get involved and so that's exactly what I tried to do. I joined as many clubs as a possibly could, thanks to our wide variety of clubs at Hillcrest. Hillcrest's clubs include Best Buddies, Sources of Strength, Black History Club, GSA, Impact Club, Dungeons and Dragons Club, Dance Club, and so many more!

**What do you look forward to doing next year?**

As amazing as high school was, I am ready for the next chapter in my life. Next year I will be attending Ottawa U for a BA in Conflict Studies and Human Rights.

*We wish you all the best, Katie.  
Well done!*

## THE GSA CLUB

The GSA Club (Gay-Straight Alliance) is a student-run club, which provides a safe place for students to meet, support each other, talk about issues related to sexual orientation and gender identity and expression, and work to end homophobia and transphobia. At Hillcrest, a group of about fifteen meet once a week to talk about equality and diversity, and LBGQT issues. This is the fifth year the club has been running. The brightly coloured flags can be seen around the school.

On Friday, May 12th the GSA Club held a free BBQ for all students of the school. Delicious hamburgers were prepared and served by the club and juice was available. Congratulations to the chefs who did such a great job. The Lead Teacher for the GSA Club is Carly Hawke.



ABOVE: Look for this flag around the halls of Hillcrest. PHOTOS: CAROLE MOULT

LEFT: Thanks GSA Club. You sure make great burgers!



# Co-op students at work

SUBMITTED BY DAVE SHERMAN



## Amazing Hillcrest!



Mr. Georgie Walker, Hillcrest Principal, joined the students at a BBQ last month. PHOTO CREDIT: CAROLE MOULT

## Meet Georgie Walker, Principal of Hillcrest High School

This is Georgie Walker’s first year as principal at Hillcrest High School. When recently asked what he would like the community to know about Hillcrest, his enthusiastic response was, “Wow, where do you start here?”

At Hillcrest, there is a focus on academics and the ability to do critical thinking. At the same time, there is an emphasis on compassion, respect, and creating an awareness of others.

In a recent interview, Mr. Walker was quick to praise the staff for doing a really great job in empowering students for decision making. In glowing terms he also described the Hillcrest students. “Their real passion is to want to soak up what’s out there,” he noted. An exceptional selection of student activities provides them with the opportunity to do just that.

Mr. Walker also identified ways in which the teachers continually challenge the students, interacting with them in so many constructive ways. Walk down the halls of Hillcrest High School, look in the various rooms, or observe the students and staff outside on the fields or lawns; it would be difficult not to appreciate all the many positives occurring at this local school.

Part of Georgie Walker’s routine is to stand in the front of the building before and after school, and again be visible in the hallways during the noon hour. It is an excellent way to get to know both the individual student and the student body. A quick “Hi” goes a long way in making sure you feel welcome.

“Our staff has been doing a lot of Professional Development on student learning, and putting faces and names to the data when looking at instructional planning,” commented Mr. Walker. “We look at the student voice and this is an important part of the planning,” he added.

Being accessible and providing visible supervision is also effective in helping keep at bay some of the pitfalls that can occur in any educational setting.

When asked about bullying, much is in place at Hillcrest to address this issue. There is restorative justice incorporating the help of senior student leaders, there are guest speakers from different cultures to develop an awareness in students, and all Grade 9 students are trained to further heighten their understanding of bullying’s effects. Having students define ‘bullying’ is another important strategy.

“We want the students to be okay with differences.” It is essential that students understand that misinterpretation and miscommunication can happen. Learning how to get along with people we don’t really know goes a long way into accepting diversity. To this end, the school brought in a theatrical group from Montreal as just one way of addressing multiculturalism.

During the interview, Mr. Walker spoke about the importance of open communication in terms of keeping in touch. He described the Synrevoice voice mail system of communicating by telephone, and referenced the website as an important tool, along with newsletters. Tribute was also paid to the active Parent Council for helping keep in contact plus the good work that it does.

What Georgie Walker didn’t tell us in the interview was that in February of this year, he was recognized nationally as one of Canada’s Outstanding Principals of 2017.

Canada’s Outstanding Principals Award program recognizes outstanding contribution of principals in publicly funded schools. It honours principals from every province and territory in Canada who demonstrate innovation, entrepreneurial spirit and who have done something truly remarkable in public education.

Obviously, Hillcrest High School is definitely in excellent hands with Mr. Walker as principal. We look forward to having him lead our local school over the upcoming years.

# Drive 4 UR School

Saturday, June 10  
9:30 am – 3:00 pm

Hillcrest High School 1900 Dauphin Road



Test drive a new Ford  
and Donnelly Ford  
will Donate \$20 to support the  
Hillcrest Music Department



BBQ  
Live Music  
D.J.



# GLOBAL CITIZEN’S CLUB

## Inviting the Aga Khan Exhibit

François Grenier is the Tour Manager for Together: An exhibition on global development. Jillian and Feras of Hillcrest High School’s Global Citizen’s Club are the two exceptional students who were among the first to show an interest for the 2017 Together tour. And, as the result of a lot of hard work and planning, the Together exhibit was set up in the parking lot of Hillcrest High School on April 6th and April 7th.

What is the Together exhibit one might ask? According to their website, it ‘is an interactive, bilingual experience for all ages, stimulating conversation about Canada’s role in reducing global poverty.’ The exhibit comes in a 53 foot, custom-built truck with 1,000 square feet of exhibition space; and since it was launched in Ottawa in April 2015 has travelled to ten provinces and reached about 40,000 people.

What an honour then for the Hillcrest Global Citizen’s Club when the Aga Khan Foundation Canada agreed to have the Together exhibit at the club’s school. What a wonderful experience for all the Hillcrest High School students, plus those intermediate students from Vincent Massey Public School, to be able to take part in Canada’s 150th celebrations and the Together exhibition.

As well, not only did the Global Citizen’s Club organize having the truck come to Hillcrest, but they also successfully created the tour schedule for the teachers and their classes over the two day visit. ‘Powerful photography, film, and audio, interactive components and unique objects were all part of an experience that enabled the visitors to explore innovative solutions to global challenges.’

An additional benefit of living in Ottawa and having the main headquarters of the Aga Khan Foundation Canada here in our city was that two facilitators from the AKFC provided a two hour workshop at the school on the Thursday. Again, students from Vincent Massey’s Leadership Club, plus the Hillcrest Global Citizen’s Club, joined together to better understand the work of the Aga Khan.

**Global citizens, global connections**  
It should come as no surprise then that this same group,



**Korean Guests (L) join teacher Kristine Klassen (C) and students Jillian and Feras (R) at the website launch.** PHOTO CREDIT: CHRISTOPHER OLSON

lead by Feras and Jillian, applied for a SpeakUp Grant from the Ministry of Education. These grants are part of the MOE Student Voice strategy aiming to promote student engagement and success in Ontario’s schools by listening and learning. The club successfully received their grant earlier this year.

Thus, with the technological expertise of Christopher Olson, the Global Citizen’s Club created a digital platform to communicate with different high schools around the world. Today the students are connected with Seoul, Korea; Marseilles, France; and Bonn, Germany. Having this digital platform will enable them to write back and forth about issues and events in their schools. What a wonderful way to better understand each other.

April 19th was the launch of the beautiful website. Several officials from the Korean Embassy graciously joined the students at the launch. A positive relationship between Hillcrest students and the Korean Embassy had already been formed late last year after the Hillcrest students had participated in a Korean Forum. What an incredible way to make new friends.

Kristine Klassen is the teacher advisor of this remarkable club.



**The Together Exhibit visited Hillcrest in April 2017 for Canada’s 150th Birthday.**  
PHOTO: CHRISTOPHER OLSON



**Just imagine- 1000 square feet of display space.**  
PHOTO CREDIT: CAROLE MOULT

# THE IMPACT CLUB

This is a small group of people who definitely make a difference; an enormous one. The name of their club, however, does even come close to sharing with the community all the wonderful projects the students have accomplished both locally and globally. Their teacher advisor is Nicole Charron.

In this club, ‘The students strive to raise awareness of various social justice and environmental issues. To do this, they organize fundraisers and awareness campaigns within their school and the community.’

Speak with Hillcrest High School Impact Club members and you will discover the many worthwhile goals that have been undertaken by this group. In particular, this club is part of the We Schools program and the charity, We.

Through We Schools, students gain an understanding of the basic causes of critical issues like hunger, poverty and lack of education, and set their sights into what they can do to help. They also plan at least one local and one global action to improve their community and the world.

Drive by the huge park across from The Ottawa General Hospital and you will see an Adopt-a-Park sign showing that the Impact Club of Hillcrest High School has adopted Lynda Lane Park as one of their local initiatives. They also support the Ottawa Food Bank and the Ottawa Christmas Project through Centretown United Church. They have also supported Operation Come Home and the Education Foundation of Ottawa.

Globally, the Impact Club supports the We Villages development model. As part of this model, the We charity supports five pillars in each community to break the cycle of poverty: Education, Water, Health, Food, and Opportunity. The Impact Club has chosen to support the community in Llullin, Ecuador.

The Hillcrest Impact Club has now raised about \$16,500 for projects in Llullin, Ecuador. Necessary funds have gone toward building a new school and a water tank. They are currently raising funds to support health care in the Llullin community. Their annual Walk for Water raises awareness about the lack of clean drinking water around the world and is their key fundraiser. The walk was featured in the November 2015 We Day insert of the Ottawa Citizen and is currently featured in the 2016 We Schools Walk for Water Campaign website and student guide. The group has raised \$3500 of the \$5000 needed to complete the Health Pillar and hopes to finish that next year.

When asked as to whether the Hillcrest Impact Club participates in the We Day celebrations, Ms. Charron replied, “Yes, we most certainly go to We Day!” The more involved you are with the ‘We Schools’ program, the more tickets and better seats you get at We Day to inspire your students and celebrate your accomplishments. Last November (2016), I took 30 students to We Day and we earned floor seats, so we were really close to the stage.

For the last two years we have also been invited to a special event the night before We Day, called "We Schools: An Evening of Inspiration" where a few students get to meet many of the We Day speakers. In November 2015, the event was held at the US Ambassador's Residence, where we met US Ambassador Bruce Heyman and his wife Vicki Heyman. We also met Marc Kielburger, one of the founders of We.”



**ABOVE: Last November 30 Hillcrest students went to We Day. They had earned floor seats close to the stage.**



**RIGHT: Just a few of the Impact Club at the Lynda Lane Park fall clean up.**



**Walk for Water raises awareness about the lack of clean drinking water around the world.** SUBMITTED BY NICOLE CHARRON



# THE HILLCREST HIGH SCHOOL BAND

*Jeannie Hunter and Melanie Reeks, Directors*

The Junos: “We were asked by Ottawa 2017 to put together an all-Canadian set list and perform at the Train station as the Juno Nominees arrived on two “Juno Trains”, one coming from Montreal and one coming from Toronto. We played for the waiting crowd, and then for the musicians as they arrived. Our set included a mash-up of this year’s new Canadian releases, Serena Ryder’s “Stompa”, the Hockey Night in Canada Theme song, and Maritime folk songs among others.”

Music Monday: “For the past six years, we have celebrated Music Monday by heading over to Vincent Massey PS. We run an instrument petting zoo for the JK – Grade 2 classes. Our Senior Music students teach a fun music lesson in the Grade 3 and 4 classes, and we rehearse our band and Orchestra with the Vincent Massey Orchestra. The day culminates in a performance for the entire school, most years outside (although this year the weather didn’t cooperate so we played in the gym). Music Monday is a national event. Every two years they have a new, anthemic song about the importance of music and its role in our lives. The song is performed simultaneously across Canada on the first Monday of May each year.”

The Havana Trip: “Hillcrest band students participated in an 8 day performing tour while based in Havana, Cuba. We performed at Community Centres and Arts Schools, as well as doing workshops in Latin Music and Dance, Afro-Cuban Music and Dance – we even took some Spanish Classes! We rehearsed several times with a Cuban Music Teacher, Daya, learning to play traditional Cuban Music

Spring Music Night: Daya came to Ottawa the week of our music night, and she really lead the audience through some great Cuban Mambos on Thursday evening, May 18th. The Hillcrest High School Band played a wonderful selection of musical pieces, while the audience was entertained by a wide range of musical ensembles. There were about 80 students who charmed the audience.

“Canada Meets the World” On May 19th Hillcrest High School represented Cuba at a Canada 150 Event called, “Canada Meets the World”. The event was held at the Aberdeen Pavilion at Lansdowne Park. The band played host to Cuban music educator, Daya Aceituno. The night before, she had been a Guest Conductor at Hillcrest.

‘Drive4URSchool’ event: “On June 10 the band will be hosting our ‘Drive 4URSchool’ event. Donnelley Ford will be bringing all of their latest models to Hillcrest from 9:30-3p.m. For every car test-driven, they will donate \$20 to Hillcrest Music. From 11-1 we will also have a BBQ and live music from our Jazz Band.”



Music Monday



Canada Meets the World: A Canada 150 Event for: Eva Anderson (flute), Marc Donovan (tenor saxophone), and Amanda McIntyre (trombone) PHOTO: MARLENE STEPPAN



We performed... in Cuba!



The Hillcrest High School Band welcomes the Juno Trains

## Amazing Hillcrest!

# CANCER DRIVE 2017

*Submitted by Teacher Advisor, Mona LeBlanc*

“This year marked the 23rd annual cancer drive at Hillcrest. We raised more than \$15,000 dollars for the Canadian Cancer Society. Our blitz evening, usually the last Thursday of April, runs from 5-9 and students go door to door in the community and canvass for the Canadian Cancer Society. The event would not be possible without students, staff, parent and alumni supporting us.”

Mona LeBlanc has been the staff advisor for 9 years, and as the staff advisor, she usually selects 2-3 Heads who organize a committee of 15-20 students. The students plan the blitz evening and other events and activities in the month of April which is Cancer Awareness month. “Our objective during the month of April is to raise awareness and raise funds. The event is always kicked off with an assembly to motivate students to get involved. This year, we had a special guest from the Ottawa Hospital who came to speak about the research being done in Ottawa and to emphasize the importance of funding research projects. The assembly is very inspiring and educational and outlines what the event is and how students can get involved.”

Heads this year were: Salwa El-Khairy, Sara Mohamed and Erfan Ghani.

“We work closely with a member of the Canadian Cancer Society who is in charge of fundraising. They prepare the kits that students use when canvassing and are present during the cancer drive to help out with receipt books and the reconciliation of

money collected.  
“The pancake breakfast initiative started a few years ago when we wanted to celebrate the achievements of our students. The actual fundraising event runs so late, that many students didn’t stick around for the announcement of the grand total canvassed. At the pancake breakfast, we



Serving up pancakes with a smile were (R-L) Sawsan, Wissal, Jessica, Joyce, Chaymae, and Reem



The April 27th Cancer Drive: \$14, 500. Final total: \$15,000+....WOW!!

PHOTO CREDIT: CAROLE MOULT

present our ‘big’ cheque to the Canadian Cancer Society and reveal our grand total. This year, we had 140 students out during the blitz evening, and the total collected in just 4 hours of canvassing was a bit over \$14,000. Students raised \$630.80 through various fundraisers this month, and as announced at the pancake breakfast, a last minute donation of \$500 put us over \$15,000 raised by Hillcrest students. Our final total will not be confirmed until all donations have been counted, but the students are very proud of what they have accomplished.” Plans are already underway for next year’s cancer drive which is scheduled for April 26, 2018.





# Getting Ready for Rail

## A change is on the way -June 2017!

Bus routes are being renumbered across the city as part of the transition to the O-Train Confederation Line. **June 25, 2017** will mark the introduction of three route number changes for Alta Vista, as we embark on a journey towards the implementation of a reliable, efficient, easy, safe, clean, and convenient transit system.

### Where are we now?

- The Temporary Bus Loop at Hurdman Station was first introduced to ensure safe interaction between ongoing construction work, the station and transit services (especially during key station construction activities).
- The MUP realignments currently in place at Hurdman station will remain through to 2018.

### What to expect June 2017:

- The Hurdman bus loop will move to its permanent configuration on the west side of Hurdman station.

To stay up to date on coming changes, visit **OcTranspo.com**.

Current Route	2018 Route	Change
148	48 Elmvale – Hurdman	Route Renumbered
149	49 Elmvale – Hurdman	Route Renumbered
41	291 Walkley – Hurdman	Route Renumbered



## It's a Celebration!

### Canada 150 Maple Groves

In celebration of Canada's 150th birthday, each Ward will receive 150 native Canadian maple trees.

Please join me and Mayor Jim Watson to break ground for Alta Vista's 150 maple grove legacy project to be held **Monday, June 5th, 11:00am in the NCC greenspace near the pathway on Riverside Dr. at Pleasant Park Dr.**

### Neighbourhood Office Hours

Bringing City Hall to the people of Alta Vista



I will be holding neighbourhood office hours at **Hawthorne Park (2139 Tawney Rd.) on Saturday, June 24th from 2-3:30pm, weather permitting.**

Stop by with your questions, comments and concerns, or just drop by for a quick "hello".

## E-waste recycling for a great cause

### Saving our landfills!

Bring all unwanted electronics to the **Elmvale Shopping Centre parking lot (next to Kelsey's) on Saturday, June 10th from 10am - 12pm** in support of the Heron Emergency Food Centre and our partner 1-800-GOT-JUNK? will dispose of it for free!

We simply ask that you consider making a cash donation of any size to our charitable partner, the Heron Emergency Food Centre.

\*Donations of \$20 or more will be eligible for a tax receipt

The following items will be accepted:

- Televisions (two per vehicle, max. 46" each)
- Desktop/laptop computers and terminals
- Monitors, keyboards and mice
- Desktop printers and CD-ROM drives
- Amplifiers, stereos, speakers, receivers and radios
- Cameras, digital cameras
- Copiers, fax machines, scanners
- Telephones, cell phones, answering machines
- VCR and DVD players





# Our stories of giving back...

**Dee**  
She has been part of the Fashion with Compassion Show at The Wholesale Outlet since the shows began almost 10 years ago. She lives in Ottawa and it was about nine years ago when she was diagnosed with breast cancer. She received excellent treatment at The Ottawa Hospital Cancer Centre and was amazed when she was back playing tennis only one week after surgery and all through her radiation treatments. Dee is now giving back, and does this by being part of the twice yearly show. Previously her cancer volunteering had been knocking on doors.

Twenty-five percent of the proceeds of sales and ticket draws from the shows are forwarded to The Ottawa Hospital Cancer Centre for cancer research. Five hundred dollars is also given to Victoria's Quilts Canada for their great work in making quilts for patients undergoing cancer treatment. Members of VQC provide the refreshments for the fashion event.

When asked how she started to be in the show, Dee's response was

that she met Sherry Woodburn, owner of The Wholesale Outlet, years ago when she first dropped by the store. She has since shopped there frequently and has found being in the show "a lot of fun".

"My main reason for participating in the fashion show is because Sherry is so caring and kind, and both she and Doug have helped to cheer me up over some difficult times through the years. It is an added bonus to contribute to cancer research."

It's not at all unusual for Dee to even buy the outfits she models. And, like all of the other models, Dee is a cancer survivor.

**Monique**  
It was Monique's niece, Lise Butters, who asked her to be in the April 8th spring fashion show. Lise is the wonderful emcee who sets the very upbeat tone of the show and also helps the models find their wonderful outfits.

Monique came from Montreal for the event, and although it was her first show she did an amazing job: a real pro. During the show it



The TWO Models

was quite a surprise for everyone when it was announced that Monique is 83. She certainly doesn't look it, although now the show's newest model says that she expects to help out in an upcoming show.

When asked about how she came to be wearing the beautiful outfits that she modeled, Monique responded that it was her niece who picked these out the day before.

Monique was diagnosed with cancer in October, 2013, and had her surgery at Cité de la Santé, Laval in February 2014. Her usual way of donating to cancer is through giving money. This time she was extremely pleased to be able to give back through the Fashion with Compassion Show here in Ottawa.



Wear the Nautical Look



Travelling? Be prepared!

Volunteering for the Fashion with Compassion Show at The Wholesale Outlet came about somewhat by accident.

As one of her hobbies, Dorothy belonged to two craft guilds, and as such, visited The Wholesale Outlet when it was named Floral Fantasia, and sold materials for crafters.

Dorothy's enjoyment visiting the store at 1877 Innes Road continued as its owner, Sherry Woodburn, moved into fashion, and thus Dorothy remained a regular customer. As a cancer survivor, she also agreed to model for the Fashion with Compassion Show that raises money for cancer research at The Ottawa Hospital Cancer Centre.

"It is very uplifting, a really 'feel good' event not only for the models, but the audience as well," she recently commented.

And thus, twice yearly, or as often as she can make it, Dorothy joins about eight or nine other TWO models, sharing the latest fashions and once again giving back to a community.

**Carolyn**  
This year marks the 60th anniversary of Daffodil Month. For 25 of those years Carolyn volunteered with the sale of daffodils

where she lived in three different cities: Kingston, Barrie and Ottawa.

"It was a way of giving back," Carolyn noted recently. "Cancer is something I have dealt with in my family," she added. Carolyn herself has been a cancer survivor for over twenty-five years.

Her own story began in Kingston when she discovered a lump in her breast just two months after a mammogram. Very quickly she was slated for surgery and was very 'impressed' with the treatment she received. Needless to say, Carolyn



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**MON – SAT 10 – 5**





The Travelling Trio

strongly recommends that women do their own self-examinations.

Helping with the Fashion with Compassion Show has been another way in supporting the fight against cancer, and like a number of the other ladies helping with the event Carolyn came to be a model somewhat by accident. Now, she has been donating her time ‘almost since the beginning’.

“I was in The Wholesale Outlet looking around the store about eight or ten years ago when Sherry Woodburn and I began to talk. She told me about the show, and I responded that I was also a cancer survivor.” Right away Sherry was enthusiastic about having Carolyn join the others. “I very much enjoy the show and the girls absolutely radiate positivity, such that it is always such a pleasant experience,” Carolyn added. Does Carolyn ever buy any of the clothes she models? She says, knowing that it is all for an excellent cause...

**Christine**

There are many ways of giving back after surviving cancer, and Christine’s is probably one of the most interesting ones. She took up run-



European Style



Flower Power

ning.

Diagnosed with breast cancer in 2006, and treated at The Ottawa General Hospital, it was several years later when she joined the Survivor Training Program at the Running Room in Orléans and began practicing for the 5K Run for the CIBC Run for the Cure. She completed two runs in 2010 and 2011 raising money for cancer.

“I wanted to do something. It was a challenge for me because I’d never run before. I was very proud of myself, and once I did these runs, then I did a few marathons.” Today, Christine is back at the gym twice a week, however, she did successfully realize her goal. And what an accomplishment!

When asked how she came to be in the Fashion with Compassion Show, Christine noted that she worked just next door at the Apple Saddlery and got to know Sherry and Doug Woodburn probably around 2001. A couple of years later, when she was speaking with Sherry on one of her drop by visits, Sherry asked her if she wanted to help with the show. At first Christine worked behind the counter ‘giv-

ing out cookies’ and then Sherry asked her if she would like to participate. Christine has modelled twice a year ever since.

When asked how she felt about being a model, Christine was extremely pleased to be given the opportunity. “I get such a thrill out of it,” she noted. “It is fabulous, and I look forward to giving back to the community.” The audience is equally enthusiastic about having Christine in the show, and definitely looks forward to her participation twice a year.

**Ewa**

“I remember when I first received the news about my illness and a good friend came forward to console me and even offer me financial assistance if ever I were to need it. During this very difficult and painful period, that gesture immediately brought a smile on my face and gave me the belief that somehow all would be well.

Later, when a friend asked if I would like to volunteer in raising money for the General Hospital in its fight against cancer, I agreed without a second thought. And that decision, to act as a volunteer, proved to be an unexpected gift for me. Being a volunteer helped me in my own personal struggle with cancer at times when I myself felt helpless. It allowed me to

meet with other people who were also struggling courageously with this disease, and it also educated me as to the possibilities of being a survivor.

Offering support truly provides hope to others who, like me, are also suffering. I will never forget being in the hospital and looking at the faces of children, of young and old people alike, of all those who had been attacked by this illness. Nor will I ever forget the many friends who helped me in my convalescence and in my finding a new meaning in life.

I firmly believe that cancer, like any serious disease, in some way transforms us in our souls. It proves how something so terrible, can in fact lead to something very beautiful: a new sensitivity and true empathy for our fellow human beings.”

Now, Ewa gives back by working behind the scenes at the Fashion with Compassion Show. She helps the models dress with their change of outfits and is the ‘go to’ person that every event needs.

*Acknowledgements: Giving back can be shown in many ways. A sincere ‘thank you’ to everyone who contributed not only time but donated items for our draws that raised \$1600 for TOH Cancer Research and \$500. for Victoria’s Quilts Canada.*



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# Try an Architectural Safari

by Maria CampbellSmith

Canada is celebrating a big birthday and Ottawa is an historic city. It gets explored for many reasons: festivals, cuisine, parks, historic buildings... That last option piqued my curiosity. So, I set off on an “architectural safari”.

Ottawa is a marvellous mix of urban and rural. It juxtaposes colonial, Gothic Revival, Victorian, and modern architecture. Buildings of stone and statues flank buildings of steel and glass.

The more I wandered, the more there was to learn. I also researched architectural trivia.

## What is the world’s tallest building?

China now has the majority of the world’s tallest buildings, but at 2717 feet (828 metres) the Burj Khalifa, in Dubai, remains the record-holder. This incredible residential/hotel building is 163 storeys tall! (Ottawa does not yet have a skyscraper even 50 storeys tall.)

## What is the world’s largest building?

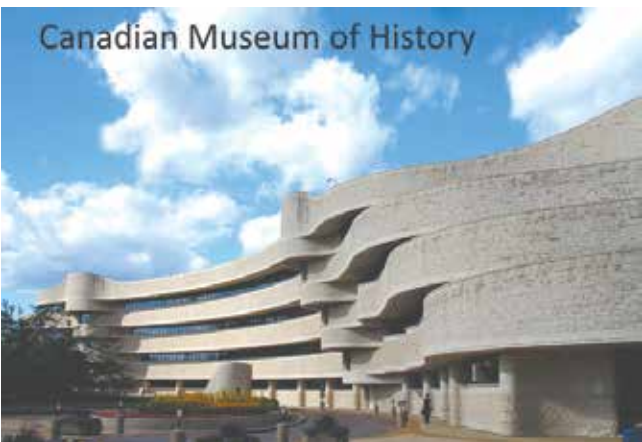
The Boeing Factory in Everett, Washington is an assembly plant for building large aircraft like the 747 and the new 787. It covers a massive 4.3 million square feet (398 000 metres squared). If we quadrupled the area of Parliament Hill, that still would not meet the area of the Boeing Everett assembly plant. It is an incredibly large building.

## What is the world’s most costly building?

The Abraj Al Bait, in Saudi Arabia, cost nearly US \$15.5 billion to construct. With 120 floors, this incredible hotel complex can accommodate 100 000 guests – vast numbers of pilgrims to Mecca, in particular. It also boasts the largest clock faces and highest clock tower in the world, decorated with flashing lights, golden domes, and 98 million pieces of glass mosaics.

## What is the world’s oldest building?

For actual buildings (with walls, roof, and



rooms) still intact and/or in use (no ruins or reconstructions), architectural historians often site Barnenez, in France, as the world’s oldest building. This structure is known as a “passage grave” and this still-surviving example was built in 4850 B.C.!

## The world’s oldest house?

Knap of Howar, in Scotland, stands as the oldest stone house in northern Europe. This Neolithic homestead dates back to 3700 B.C.

## The world’s oldest church?

Santa Sabina Church, in Rome, is especially impressive. It was built in 422 A.D. and has not been destroyed or altered since! It continues to function as a Catholic church for its congregation today.

## What about Canada?

Canadian architecture has several centuries of history – not the millennial achievements of the wider world. Young Canada cannot compete with cousins like ancient Rome or Asia. Still, as we proudly mark the 150th anniversary



of Confederation, I wondered ... what are the oldest buildings in Canada?

The indigenous peoples of Canada were here long before any Europeans. Their cultures and traditions built structures in harmony with nature, made of natural materials, sometimes even portable or repeatedly reconstructed. Consequently, many sites remain sacred to them, but few buildings functioned or survived through the centuries.

Our East Coast areas were the first settled by Europeans, and offer interesting ruins of original primitive structures and settlements.

However, homes and communities established with earthen or wooden dwellings usually succumb to the elements of time and climate.

Canadian historians and government agencies identify most of our oldest buildings (still intact and in use) as being in Quebec – Quebec City in particular. There are literally dozens of traditional stone houses from the 1600s still standing and still functioning there. Examples include Maison Puiseaux, from 1637, and Maison de madame de La Peltrie, built in 1644.

Quebec City’s Notre Dame Basilica completed construction in 1647, and still offers mass to congregations today.

Maison Le Ber-Le Moyne, in Lachine, Montreal, dates from 1669. Le Seminaire de Saint-Sulpice, built in Montreal in 1684, still houses seminary residents and administration in 2017.

Ontario’s oldest home is Peter Secord House, built in Niagara-on-the-Lake in 1782. Brantford’s idyllic Mohawk Chapel has been standing since 1785.

## What about buildings in Ottawa?

In the scenic mix of stone and steel, which are Ottawa’s oldest buildings? The Bytown Museum stone house claims first prize.



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Habib & Associates Law Office. Conveniently located on Lancaster Road, across the street from the Canadian Museum of Science & Technology, our office enjoys easy access to the Queensway and ample free parking.

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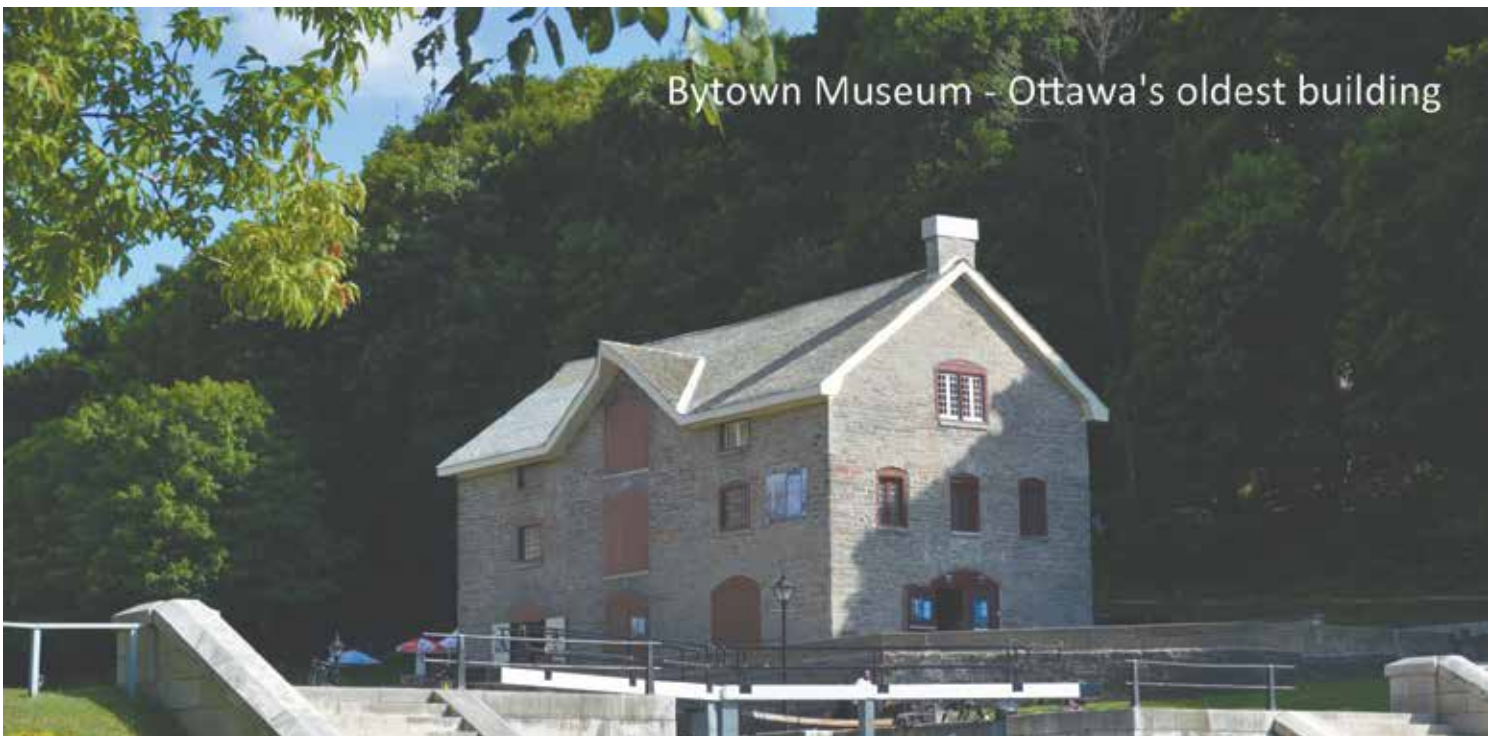


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Positioned where the Rideau Canal meets the Ottawa River, this sturdy stone house was originally built in 1827 as a Commissariat (or army storehouse). It was designed by Thomas McKay as a storehouse for Colonel John By’s Rideau Canal project. When you take a tour of it today, you slip right back into the 1800s.

Thomas McKay also designed the historic, stone mansion known as “Rideau Hall”. His goal, in 1837, was to “transpose an English country estate to Canada” for the British monarch’s representative. Rideau Hall has been the lavish home for every Governor-General since, and continues to invite and impress guests today.

The very first settler of Gloucester Township was Mr. Braddish Billings. He finished construction of his large, Georgian stone home in 1829. Nearly 190 years later, tourists continue to explore the artifacts of Billings House, and enjoy afternoon tea on the lawn each summer.

Another special house, built in 1857, was “Earnscliffe”. The next time you are on Sussex Drive, look for it. This imposing, Victorian manor house, built of local limestone, was home to Canada’s first Prime Minister, John A. McDonald. It is currently the residence of the British High Commissioner.

Many people assume Canada’s Parliament Buildings are among our oldest stone structures still standing and still functioning. They are correct. The West and East Blocks of Parliament were constructed between 1859 and 1866. A devastating fire, on February 3, 1916, destroyed most of the Centre Block, but it was reconstructed by 1922 and Parliament Hill remains an icon of the nation. It is also an excellent example of Gothic Revival architecture in the heart of a modern city.

**Other historic highlights?**  
A foot safari of Ottawa reveals all



sorts of architectural points of interest, aside from centuries-old stone homes. The Rideau Canal, for example, is also a World Heritage Site. The original stone canal finished construction in 1837, and is still structurally intact and in use today. It was one of the features that led to Queen Victoria choosing Ottawa as the new capital, back in 1857.

Between 1842 and 1879, Ottawa’s Notre Dame Catholic Basilica was built. It marked the entrance to Lower Town - one of the city’s first neighbourhoods. It is the oldest church in Ottawa, and is another splendid example of Gothic Revival architecture in the capital. It is even more beautiful on the inside!

Aberdeen Pavilion is another interesting spot to visit on a foot safari of Ottawa. Nicknamed the “Cattle Castle”, this exhibition building was built in 1898. It has been distinguished as a National Historic Site of Canada, and is also the oldest surviving venue of the challenge for the Stanley Cup. (By the way, in that 1904 hockey challenge, the Ottawa Silver Seven won!)

The massive, tilted, Victoria Tower Bell, now positioned on the grounds of Parliament Hill, is hard not to photograph. That bell was cast in 1875, and installed in the original tower of Centre Block in 1877. It survived the great fire and now symbolically marks the keeping and passing of time.

**Mix in modern too!**  
Many modern architectural high points fill our downtown core. Two unique examples are a sculpted museum and an unorthodox clock.

Using computer-assisted designs, renowned Canadian architect, Douglas Cardinal, blends European modernism, international architecture, and indigenous spirit and values. He aims to create structures that “retain and reflect the landscape” around his buildings. Cardinal’s curvilinear design of the Canadian Museum of History (situated in Gatineau) opened to the public in 1989. Ever since, the exhibitions inside thrill visitors, and the exterior of the building captivates fans and students of architecture.

The other uncommon and unexpected structural feature waits on top of the World Exchange Plaza, downtown. The huge metal globe that travels back and forth, across the top of the building, actually functions as a “time span clock”. It marks the hours’ progress while the city bustles below.

My research merely scratches the surface of the history and architecture here. Our national capital offers festivals, restaurants, tours, and parks – but you do not need a special event to get you outdoors. Choose a day and some sturdy footwear, and go explore the city. Go on your own architectural safari!

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for other market locations in the Ottawa area.



# The invitation began like this...

*Please join us to toast the artist and preview the auction items for the Ottawa Riverkeeper Gala!*

It was from WALL SPACE GALLERY and FRAMING.

The invitation came from Patricia Barr, Director of the WALL SPACE GALLERY and it was for a Friday evening Vernissage to be held on April 28th at 505 Industrial Avenue, in the Sleep Country Building. Ms Barr is the creative person who helped put the evening together and has been a supporter of Ottawa Riverkeeper since 2015.

When asked how she became involved to connect the artist and the Ottawa Riverkeeper Gala, Patricia responded,

“I am active on the gala committee in organizing the art auction tent for the May 31st, 2017 gala on Lemieux Island. I had asked several artists whom we represent and a number were very generous in donating their time and their work for the auction. Crystal Beshara was one of them. We already had the exhibit scheduled and it seemed natural to use the opening as a preview for the works.

“Then, when we decided in late 2016 to put the Crystal Beshara show together, she wanted to work

with Ottawa Riverkeeper. Some of her paintings for ‘Sounds of the Sea’ were from when she was in Ireland and others were from Newfoundland.”

“My artwork is a colliding of two worlds: Realism and Expressionism.”

The artist and Ottawa Riverkeeper did indeed seem like an excellent match.

Just who is this artist one might ask?

It would be difficult to detail the many accolades, awards and achievements of Crystal Bashara: a Canadian contemporary realist painter and proud two time winner of the prestigious Elizabeth Greenshields Foundation prize. She was the youngest elected Fellow of the Ottawa Watercolour Society at age 23, and her work has also been featured and reviewed in multiple well-known media. Her illustrations have appeared in four published children’s books plus she



Meet Crystal Beshara. Her Songs of the Sea exhibition was enjoyed by many.

has appeared on both television and radio.

“My artwork,” Crystal notes, “is a colliding of two worlds: Realism and Expressionism.”

The paintings that Ms. Beshara exhibited at WALL SPACE, 505 Industrial Avenue were of exquisite water scenes. At this exhibition, visitors were also able to enjoy viewing the painting that Crystal Beshara generously donated to Ottawa Riverkeeper for their Silent Auction on May 31st. The beautiful, Afloat, is an oil on canvas, 24” x 36”.

### What is Ottawa Riverkeeper?

Ottawa Riverkeeper is a science-based, grassroots charity committed to keeping the Ottawa River, and its Watershed, clean and safe. They work with members of the community - through programs such as Riverwatch and Beachkeepers - all levels of government, and other non-profits to create and maintain a swimmable, drinkable, fishable river - today, and every day.

Over 1.7 million people live within the Ottawa River watershed. Many appreciate the invaluable work of a charity such as Ottawa Riverkeeper that dedicates its time to looking after our water supply. And, because of this, several other local artists indicated that they would like to help Ottawa Riverkeeper for their 2017 Gala. Thus, the works of David Lidbetter, Peter Colbert, Sharon Kelly, and a pho-



Ottawa Riverkeeper proudly displays the painting, ‘Afloat’, donated by Ms. Beshara.

PHOTOS AND STORY: CAROLE MOULT

tograph from photographer Paul Couvrette were on display at the Friday evening Vernissage, since all of these generous people donated their work to the May 31st, event.

### Joining together

Galas are a beautiful way to bring people together and in particular one such as this one which will do so much for so many over the coming years. And, it is because of all donors that Ottawa Riverkeeper can envision an Ottawa River that is clean and healthy: an Ottawa River that future generations will be proud to inherit.

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The carpal tunnel is formed where the wrists and hands meet. The floor of the tunnel is made up of wrist bones, and the top is the transverse carpal ligament. The space within the tunnel contains the tendons that are responsible for flexing the fingers, and the median nerve. The median nerve provides feeling to the index, middle and part of the ring fingers, as well as to the palm side of the thumb.

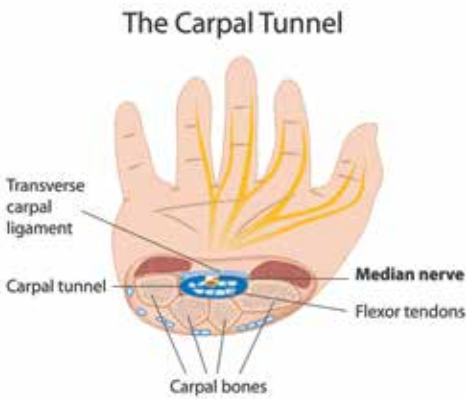
That sounds pretty technical... but I'll bet you've heard of Carpal Tunnel Syndrome - you may even know someone who suffers from this 'overuse injury.'

Carpal Tunnel Syndrome is a condition that results from the compression of the median nerve, which runs from the forearm into the hand, as it passes through the carpal tunnel.

Carpal tunnel syndrome has a variety of causes that ultimately create less space in the tunnel for

the nerve to pass through, rather than a direct problem with the nerve itself. Some causes include overuse and repetitive movements, metabolic conditions that create systemic inflammation (such as diabetes), thyroid conditions, rheumatoid arthritis, obesity, and body fluid changes from pregnancy. Office workers, who spend a lot of time typing at a computer, are particularly susceptible to this condition.

People suffering from this condition experience numbing and tin-



# Carpal Tunnel Syndrome

gling in the index, middle and ring fingers, which will gradually increase over time and symptoms are worse at night. Symptoms tend to appear in the dominant hand, but can be present in both. As the condition progresses, pain can be felt not only in the hand, but can start to penetrate into the forearm as well. Movement of the wrist will be limited by pain, and sometimes people can experience a decrease in grip strength.

Massage is very beneficial for the treatment of carpal tunnel syndrome. Massage treatment will focus on decreasing pain by working through tissue restrictions throughout the forearm, wrist and hand. Therapists will also focus on increasing range of motion for the wrist, and increasing circulation to improve tissue health.

Home care for patients includes postural education when performing activities that can aggravate the condition; while at a computer, for instance, the wrists should be in a neutral position with forearms par-

allel to the floor. A computer mouse should be placed so that the shoulders can be relaxed, elbows bent at 90 degrees and the wrist can maintain a neutral position. If the computer is the culprit, a conversation with your workplace Health and Safety may be in order for an ergonomic assessment of your workspace and computer configuration.

Cold hydrotherapy should be applied several times a day for about 5 minutes per session.

Therapists will also provide some instruction on self massage, stretches to help open up the fingers, hand and forearms, as well as strengthening exercises when healing progresses enough to do so.

If you would like to learn more about your body and conditions you have, please subscribe to our newsletter through our website at [www.essential-health.ca](http://www.essential-health.ca).

If you have any questions about how massage might be able to help you, please email [info@essential-health.ca](mailto:info@essential-health.ca)



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# GLAD Cleaning the Capital Sweeps through Alta Vista

By Jean Cloutier,  
City Councillor for Alta Vista

Each year, as the seasons change, the City kicks off a Cleaning the Capital campaign. The campaign is a citywide cleanup where residents come together to work towards a clean and green city through litter pickup and graffiti removal projects.

Cleaning the Capital originally began in 1994 as a springtime cleanup, and marks its 24th year as Canada marks its 150th. The great success of the spring cleanup spurred the launch of the fall campaign in 2006.

Holding true to Ottawa’s spirit of unity and collaboration, many community groups came together for this year’s springtime cleanup. With over 912 projects city-wide, 57,361 participants, and 61 graffiti removal projects, it’s safe to say that the 2017 GLAD Cleaning the Capital campaign was a great success!

I would like to extend my deepest gratitude to the more than 40

groups made up of Alta Vista’s schools and youth groups, community agencies and associations, families and friends. These groups participated in the springtime 2017 GLAD Cleaning the Capital campaign and dedicated their time to making our community a cleaner place. The efforts of dedicated residents like you are an important part of maintaining a safe and healthy community – vital factors to the formation of a thriving neighbourhood.

This environmentally conscious campaign brings neighbours together and fosters community pride while cleaning up parks, bus stops, woodlots, ravines, shorelines, green space and pathways, enjoying the outdoors and creating an environment where the community is able to fully enjoy our parks and streets.

I look forward to the fall campaign and hope to see our neighbours continuing to care for and cherish our beautiful Alta Vista and our City as a whole.



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# Recalling memories of Riverview Public School



It was many years earlier when Dale Potter, Edmonton Eskimos, Line backer, went to Riverview Public School

by Carole Moulton

When Dale Potter first went to Riverview Public School in 1957, it meant marbles and hockey cards in the springtime, building snow forts and having snowball fights in winter, running to school from his home on Braydon Avenue to make the end of the line after the lunch bell, and passing into the next grade, “just barely,” he notes.

Later in life after attending Vincent Massey Public School and Hillcrest High School, ‘passing’ was when he played football, first with the University of Ottawa Gee Gees, and then when he became a star linebacker for the Edmonton Eskimos of the CFL.

And, while all of the school’s graduates may not have made the Outstanding Canadian Player in the 1980 Grey Cup game such as Dale Potter did, there are still some other wonderful stories to share from the days of the public school at 260 Knox Crescent.

### The first chapter

The Riverview Public School story began in September 1955. Miss Frances Iveson was the principal.

Robert Todd went to Riverview Public School the first year it opened. He had already been attending Alta Vista School up to the end of Grade 3, however, even though he lived a few doors from the corner of Billings Avenue, where you could “clearly see the Parliament Buildings from the front steps of our house,” the young Robert was told that he would be going to a new school for Grade 4.

In winter, he remembers taking an OTC bus, for a 5 cent ticket, down Alta Vista Drive to

their stop at Cluny, and then walking to Knox Crescent, “with almost no snowball fights”. In the springtime he recalls pedalling down the bumpy, unpaved Alta Vista Drive, stopping on the way home to look at the frog pond across from Immaculate Heart of Mary Church.

“Life was much less technological in the early days at RPS,” he notes, and even though ball point pens had been invented, they were not permitted until at least Grade 6 when one had mastered ‘good penmanship’, with a long wooden straight pen and carefully inserted small metal nib.

Paul Walsh, a Riverview Park Review columnist, remembers when the gym was added a couple of years after the school was built. This addition enabled community members to join square dancing clubs; with Brownies and Cubs becoming very popular. Originally, the school was planned as a one-storey structure at a cost of \$225,000. That price was debated as much too high, but obviously plans changed.

### Follow your dream

In the 1960’s, Riverview Public School became part of a dream of Mrs. Betty Murphy when the Ottawa Crippled Childrens’ Treatment Centre in 1962 re-located there to its larger quarters provided by the Ottawa Board of Education for the nominal fee of \$1.00 per year. John Endicott was its first principal, and would continue to be there for 5 years. The OCCTC remained at Riverview School until 1973 when it moved to its permanent location adjacent to the Children’s Hospital of Eastern Ontario (CHEO). It is now called the Ottawa Children’s Treatment Centre.

John Endicott can still see the wonderful Blue Line Taxi driver, named Fritz Disipio, delivering the children to the school. “He was so good with the kids and they just loved him,” John recalled recently. “We had one half of the downstairs for our school, a kindergarten room for physiotherapy, an office, and the rest of the hall was for Riverview.”

The Primary Division was also on the main floor. One of the Grade One teachers happened to be a Miss Helen Bethume, and it was not so many years later, that she became Mrs. John Endicott. Their first home was an apartment on Coronation Avenue.

Both the Endicotts remember their years at Riverview Public School: the day that they heard about the death of John Kennedy, the spaciousness of the open fields all around them, and how the long time custodian, Ernie Moore, kept



Spacious grounds allow for many activities.  
PHOTO: GEOFF RADNOR



Second floor windows once provided a view of the Peace Tower. PHOTO: GEOFF RADNOR



It wasn’t long after the school was built that a gym was added.  
SUBMITTED BY PAUL WALSH

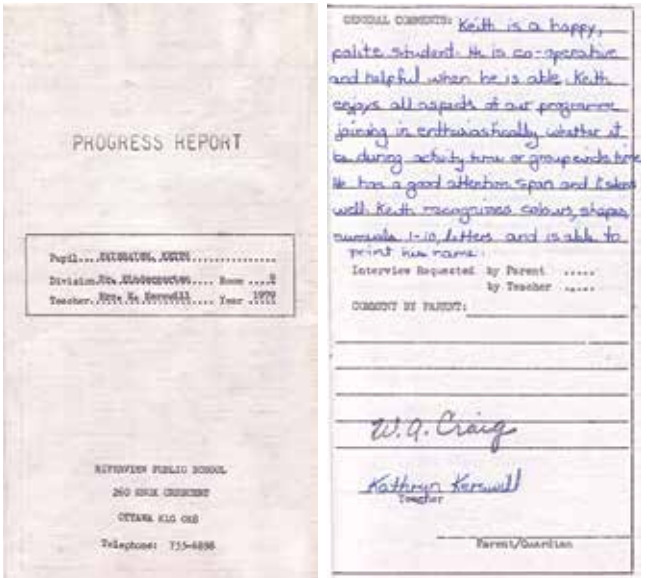
the school immaculate. Mr. Moore would even go so far as to describe how “Miss Iveson likes the blinds all at a certain level.” It was only years later it was discovered that it wasn’t Miss Iveson at all, but Mr. Moore himself who wanted the blinds to be just perfect. He was that particular.

### And on the second floor...

A young Kathy Early arrived in 1964 and joined the team of Primary teachers. One of her memories actually involved a parent, at a time when a parent-teacher interview was quite a serious event. Miss Early was cordially welcoming the lady at the classroom door, when all of a sudden the lady felt the need to scratch her head. Unfortunately, she had forgotten that she was wearing a wig that day. The wig flew off after one vigorous scratch and landed in front of the very startled principal, Lawrence Smith, who happened to be walking down the hall. The interview was then re-scheduled to a later date, since neither Miss Early nor the parent, both quite embarrassed, could stop laughing for the 15 minute time allotment.

Christina MacGregor taught down the hall from where the wig went flying. “I had a per-





**Remember these? Have a look at Keith Fairbairn’s Kindergarten Progress card.**  
SUBMITTED BY THE FAIRBAIRN FAMILY



**Facebook helped Scott Minnes (L) connect with his Grade 2 teacher, Gillian Axford (C). Scott’s mother, Marilyn Minnes (R), joined the two in sharing the memories.** SUBMITTED BY THE MINNES FAMILY

fect view of the Peace Tower from the second floor,” she noted recently. “One day, a parent came in and quite seriously said, ‘You shouldn’t be accepting a salary because you have such a beautiful view.’” At the time Miss MacGregor was probably making about \$3,200 per year.

**Families came and families stayed.**

It was in the late 1960s and early 1970s when Bruce, Scott and Robert Minnes attended our local public school. Miss Early was one of their teachers. The three boys recall walking to school and the many families in the neighbourhood who also went to Riverview. It was well known in those days that all children were to go home for lunch. In fact, there were absolutely no lunch room supervisors or even yellow school buses in sight, except for field trips.

It was Facebook that recently connected Scott Minnes and a former Riverview teacher of his, Gillian Axford. Miss Axford had taught Scott in Grade 2 in 1968-1969.

People frequently comment about how so many families still live in Riverview Park after this many years. Today, it is not at all uncommon for people to move back to the area where they spent their younger years.

Keith Fairbairn was visiting the Balena Avenue home of his father recently. In 1978, Keith joined his older sister, Judith, at the Knox Crescent school. Later, in the 1980s his younger brother Neil would become a student at the same school. Keith recently reflected on the marble pit as a great place to be. He also enjoyed the soccer baseball played at Riverview. Keith’s father, Bill Fairbairn, has carefully kept his progress reports as they were referred to back then.

**A second outside group shares Riverview**  
In the mid 1980s the M.F.McHugh School was also part of the school at 260 Knox Crescent. It was a clinic for English psychiatric patient/students and was located on the second floor. The rooms were leased from the Ottawa Board of Education, as a partnership that allowed students to continue with an educational experience while they received the treatment deemed necessary. There were about 34 students at the Knox Unit, as it was called.

**More changes were to come**

In 1986 a Junior Alternative Program was added to the Riverview Public School site. Jeff Frith joined the team in 1987 and was able to help share some background information.

It was the parents of the Lady Evelyn Alternative Primary School who had been looking to expand their Primary Program into the Junior Grades. And, because of the parental involvement and the initiative by the parents at the Lady Evelyn Alternative Primary Program the Junior Alternative Program was added to Riverview. About two years later the whole school became an Alternative Program site and was renamed as Riverview Alternative School (RAS)

**Riverview School at 50**

In the early 2000s, local resident Nanci Burns began the Roots of Empathy Program for the Ottawa Carleton District School Board. In that



**Stacey Money with her daughter Sarah, as part of the Roots of Empathy program**

program there were monthly visits from a neighbourhood infant and parent for a full school year. Riverview was one of 38 local schools offering the program and Stacey Money and her 8 month old daughter were asked to participate in a training session for new instructors. A few years later, Stacey Money became the President of the Parent Council, following Kris Nanda, who is now the current President of the RPCA.

In the year 2000, Spencer Scharf, a well known Ottawa musician, began his education at Riverview Alternative School. He had been two years old when he took up the keyboard, and by the time he was eight and in Grade 3 had begun playing the guitar. This upcoming summer Spencer is coming out with his fourth album and has just received his Bachelor of Music degree.

One of the greatest influences from his days at Riverview was when Maritime song writer, Michael Mitchell, came to play for their class. Today, Spencer plays some of Michael’s music at his gigs. Up until February 2012, Spencer did almost the same thing as had Michael Mitchell, and happily reflects on playing for the classes of teacher, Karen MacGillivray.

**RAS receives an amazing gift**

In 2012, Riverview Alternative School benefit-



**Following his music dream was Spencer Scharf’s only option.** SUBMITTED BY SPENCER SCARF

ted from a very generous gift of \$25,000 from Canada Computers for the purchase of technology resources for their school. Riverview had been nominated by a former student who, after winning the Intel Retail Edge Challenge, directed the funds to his former school.

These funds allowed Riverview Alternative to install interactive projectors that enabled white boards to be used as Smart Boards in each classroom. Funds were used as well to purchase iPads and dongles for iPad projection and interactive use with the white boards, extending student learning using technology. Amber Skillings-Nicholson was the principal at that time and noted that she collaborated with staff and School Council as to how best allocate the funds.

**A final reflection**

Jean Turpin, the Office Administrator at Riverview Alternative School remembers when this technology came to Riverview. She joined the staff in 1999 and has seen countless changes. Recently, many of these have been to do with the broad catchment area which the school now covers: from Vernon and Metcalfe in the south, to Cumberland in the east and Rockcliffe Park in the north. She also remembers the time when there was a move to close the school, and not many years later when the school needed a portable.

There have been six school principals since Jean arrived from Vincent Massey eighteen years ago and now this June she is planning to retire.

Jean speaks fondly of the school when she comments, “It’s a wonderful place to bring your children.” She knows that dedicated Parent Councils have provided beautiful box gardens, visiting scientists, extra classroom equipment, field trips, movie nights, family dance, pizza and hotdog days and much, much more. She points out to the area that Environmentalist, Ann Coffey, helped green over 25 years ago and appreciates that too.

Well, Jean, there are many families that think you are pretty special as well. And, all will miss your welcome and dedication at the office of our community school. Best wishes from everyone for a happy retirement.



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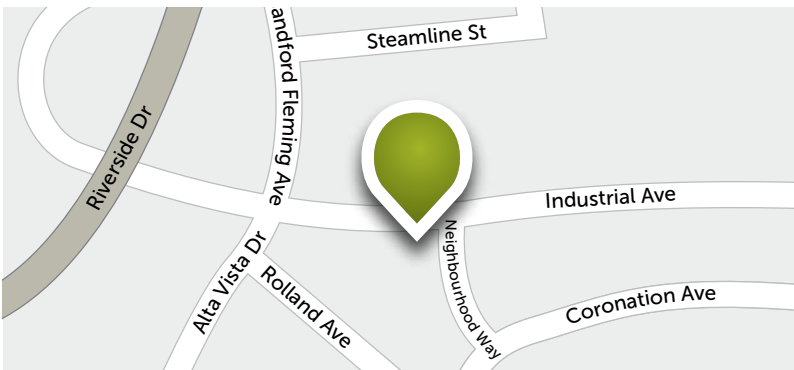
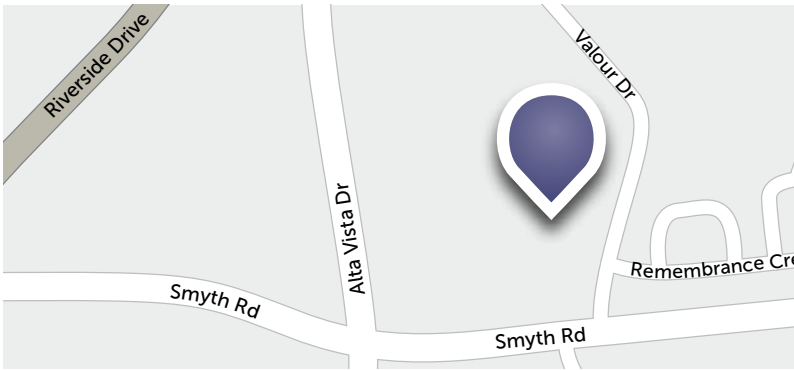
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# Construction all around us



L-R: Construction starts on the pathway from Coronation Ave. down to the LCBO store on Industrial. The Alta Vista Creek at the AVHL site. The tree at Industrial & St. Laurent that did not survive.

PHOTOS: GEOFF RADNOR




Construction of the VIA Bridge substructure footings and pier columns (shown facing south).



HYDRO ONE: IN PREPARATION FOR THE NEW POWER LINE POLES: (L-R)- The park-like setting of the Hydro One corridor between Balena & Caverley; Drilling on the Metro truck parking lot; Big machines begin moving onto Hydro corridor lands.

PHOTO CREDIT: GEOFF RADNOR



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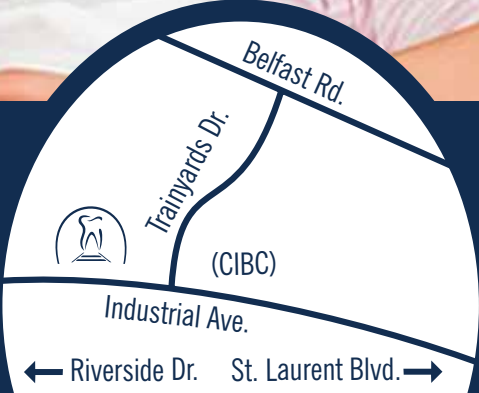
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NEIGHBOURHOOD WATCH IN RIVERVIEW PARK

by Tim Mark

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Neighbourhood Watch works for a secure and peaceful neighbourhood through a partnership between a local community and the Ottawa Police Service. Riverview Park is part of the Ottawa South division of the City’s Neighbourhood Watch

program. There are three Watches in our area. If you would like to join a Watch or set up a Watch on your street, please call a Coordinator (see the end of this article).

The Ottawa Police Break and Enter Unit reported in April that there has been a recent increase in reports of break and enter into insecure sheds and garages. Remember to keep those sheds and garages shut and locked. That will deter casual theft. If you do have such a theft do report it. The same goes for thefts from unlocked cars (cash, laptops, GPS etc.). This helps the police to track patterns of criminal behaviour and assign their resources. All valuables removed warning cards for your car are available from your Riverview Park Neigh-



bourhood Watch Coordinator, at police stations, and by email request to pia@ottawapolice.ca. .

- This month we concentrate on some reminders about home safety. This advice is courtesy Ottawa Police Services. We may have heard all this before – but have we acted on it?
- Install good locks on doors and windows. Keep doors locked at all times, even when you are at home.
  - Ensure you have a door viewer on solid doors, as well as a safety chain.
  - Leave exterior lights on to deter potential intruders. While you're away from home, leave at least two interior lights on, preferably on timers.

- If you return home and suspect someone is in your home, don't enter or call out. Phone the Police immediately.
- Don't leave keys in obvious places. Criminals know more hiding spots than you do.
- Use first initials only on mail boxes, apartment directories or the phone book.
- Get to know who your neighbours are and what their vehicles look like so you'll know who belongs on your street and who could be a suspicious person.
- Ask a neighbour to look after your property when you are away for extended periods of time and offer to do the same for them.
- Become an active member of a local crime prevention or safety promotion organization such as Neighbourhood Watch
- Check in with your senior neighbours from time to time and volunteer to accompany them on outings where they may feel unsafe.
- Be very selective about admitting any strangers into your home. Ask for identification from delivery, repair, and service people—even Police Officers.
- Before you answer the door, consider the following questions. If any of them cannot be answered satisfactorily, advise the person that you are expecting company and ask them to leave.
  - > Do you recognize this individual?
  - > Are you expecting anyone today?
  - > Does this person fit the image of the company they say they represent?
  - > Does this person have valid identification?

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This is my final column for *Riverview Park Review*. After eight years serving as a Neighbourhood Watch Coordinator I will be stepping down at the beginning of June, hopefully having found a new person to take on the duties. Neighbourhood Watch is a very worthwhile organization that expects and deserves full support from the community. Let’s continue to support it.

**Contact information for Riverview Park Neighbourhood Watches:**

**Abbey Rd.** - Rhéaume Laplante (613) 521-1664.

**Riverview Park West**  
Frank Hare (613) 731-5396,

**Riverview Park East**  
Tim Mark (613) 733-1744



CHEF DENIS ANALYTIS

Ultimate BBQ sauce

Now that we have finally been blessed with warm weather, it's time to break our BBQs out from hibernation. Here's a BBQ sauce recipe that's easy to make, and will blow your guests' minds!!

It's great on ribs, chicken, shrimp and pulled pork.



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INGREDIENTS

- 1 cup plus 6 tbsp Ketchup
- 1/2 cup plus 4 tbsp Molasses
- 1/2 cup Honey
- 1/2 cup plus 4 tbsp Tomato Sauce (Hunts, Heinz, Del Monte, pick one)
- 6 tbsp Lea & Perrins Worcestershire Sauce
- 6 tbsp Apple Cider Vinegar
- 1/2 cup Dark Brown Sugar
- 1.5 tbsp Liquid Smoke
- 1/2 tbsp Paprika
- 1/2 tsp Granulated Garlic
- 1/2 tsp Onion Salt
- 1/2 tsp Soy Sauce
- 1 1/2 tsp Black Pepper
- 1 1/2 tbsp Kitchen Bouquet (browning sauce)

Combine ingredients into a pot. Heat to simmer for 8-10 minutes, until sugar has dissolved. Do not boil sauce.

For more great recipes check out my website [www.denisanalytis.com](http://www.denisanalytis.com)



SCAM ALERT  
Microsoft Virus Scam

by Marian O'Connor

The phone rings and the caller states that they are from Microsoft and say that they are calling to advise that problems, infections or viruses have been detected on your computer. If you get such a call you are on the line with a cybercriminal.

They say that they called to fix these issues and direct you to a website that allows them remote access and control of your computer.

The scammer will then spend some time on your computer to demonstrate where the "problems" are and in the process offers to address these computer issues for a service fee.

There is likely nothing wrong with your computer, but they can trick you into believing problems exist. This can lead to your credit card information being compromised and in some instances the scammer may install malware or spyware on your computer to gain access to personal and banking information, including your passwords.

If you get a call from someone saying they are from Microsoft, just hang up as

Microsoft does not make unsolicited phone calls or send emails to help you fix your computer.

If you've been a victim of this scam, cancel your credit card, turn off your computer and have a trusted service provider remove any malware or spyware that the scammer may have installed.

Think you are being scammed? Ask yourself the SCAM questions:

S-Safe:

If you give in to one of these facades, would you be

worse off for having done it?

C-Credible:

Does the person who is trying to convince you have any credibility that can be verified?

A-Aggressive:

Is the scammer using an aggressive tactic, or language, that requires an immediate or imperative response?

M-Motive:

Is their motive to deprive you of money or assets (banking information), with a promise of greater reward?

If the answer is YES to any of the above questions, or you have any doubt, then don't fall for it. If it's a phone call, hang up. If an email, delete it. If a letter, throw it away. If in person, politely tell them you're not interested.

You can report scam attempts to Ottawa Police by calling 613-236-1222 ext 7300, or to the Canadian Anti-Fraud Centre online at: [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca) or by calling 1-888-495-8501.

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# I decide to stay in Canada (Part 2)

by Sydney Baker

During the early months of 1954, I was engaged in preparing the aircraft for forthcoming survey contracts and assisting with some recent modifications. About this time, the helicopter section moved out of the hangar to an excellent new facility built at the east side of Uplands Airport. Spartan had really expanded and was now operating 14 Bell 47 series helicopters. These were mostly used in support of government exploration contracts in the Canadian Arctic.

In March, I was on a short photo survey contract covering areas from Ottawa to Kapuskasing, about 500 miles northwest. This was completed in ten days. In April, I made a short trip to Earlton, Ontario, to pick up a Fairchild Husky aircraft, registration CF-BQC. This was a single engine plane, similar to the Beaver or Norseman. It had a door opening at the rear of the fuselage for easy loading and it could be fitted with floats or skis. It had been parked outside all winter so we had to dig it out of a snowdrift. With the aid of a fire pot we managed to get thawed out and to get the engine running; this took two days.



Photo caption: WWII RCAF Lancaster bombers at Camp Borden bought from Crown Assets serviced by a Spartan team under Sydney Baker's leadership and flown to Uplands. Tragically these planes were later broken up and sold off for scrap. SUBMITTED BY SYDNEY BAKER

After satisfying ourselves things were okay and that the aircraft was airworthy, we made an uneventful flight back to Ottawa with Weldy Phipps at the controls.

April 25th saw me off on another P-38 photo survey tour, this time back to Edmonton, then to Sawmill Bay and several bases in between; completing the tour in September back in Edmonton. From here, we were told to stand by for the possibility of some work in the United States.

Ottawa told us to proceed to Wichita, Kansas, where Aero Services would give us information regarding the areas for a photo sur-

vey. The weather was a problem in this area, but we managed to get in some good photo survey flights. All this was very interesting, we were in the heart of farming and cowboy country and with time due to non-flying we were able to do some sight-seeing. I arrived back in Ottawa on December 15th after a very busy year and another 57 hrs. 5 minutes of airline flying.

1955 started off with a short survey to North Bay and Kapuskasing. These surveys were usually for logging companies. The photos produced helped the logging companies in planning their season's cutting operations. Then in April, I

was off to Toronto for the start of another busy photo survey season which took me across Canada and as far north as Dawson City in the Yukon. The airplane was a P-38; Dave O'Brien was pilot and Fred Gordon the navigator/camera operator.

This tour was a little different. Early in the year, I had bought a 1952 Pontiac and I persuaded the company to allow me to drive it out to the season's operations, suggesting it would save airline and taxi costs. We always used taxis from hotel to the airport while on field operations. The company agreed to this and I received the then cur-

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# Take Stock of Your Daily Routine for Investment Opportunities

by Bob Jamieson

Some investors find the thought of investing in the stocks of individual companies somewhat intimidating. After all, how do you possibly decide which companies, out of literally thousands, to choose?

A good place to start is by taking a closer look at the products and services you use in your own daily routine. Is this anything like your day?

At 6:30 a.m., the alarm clock rings, interrupting your peaceful slumber. Reluctantly you roll out of bed and head for the bathroom. Turning on the shower, you relax under the stream of hot water (heated by Enbridge). After drying yourself with a clean towel washed in Tide (Procter and Gamble), you brush your teeth with Crest (Procter and Gamble), and put on your socks (Gildan) and other clothes.

For breakfast you make yourself a slice of toast (George Weston) and pour a glass of orange juice (Tropicana - PepsiCo). You then

make a cup of coffee (Folgers - Procter & Gamble), to enjoy on your drive to work.

At work, you turn on your computer (Apple), you start creating a Power Point presentation (Microsoft) for the meeting scheduled for later in the week. You remember a book you were going to purchase, so you go on-line to the store (Amazon) to order it, and then pay electronically (PayPal).

Lunch time arrives and you enjoy a lunch made from the food bought yesterday at the local grocery store (Loblaw). You then decide to take a walk to the bank (Toronto Dominion) and pay some bills. On the way home from work, you realize you need to stop and fill up the car with gas (PetroCanada). Your

cell phone (Rogers) then rings. It is your spouse, who informs you that your son has scraped himself while playing and asks you to drop into the local drug store (Shoppers - Loblaw) to pick up some Band-Aids (Johnson and Johnson).

On the way home from the drug store, you are stopped at a rail crossing due to an oncoming train (Canadian National Rail). While you become impatient because of the length of time you are delayed, you marvel at how long the train is and the amount of goods it must be carrying.

During dinner, you discuss the renovation project you are planning for the basement and the materials you will need to buy this weekend (Home Depot). You also make a note to return a call to your

insurance agent who left a message earlier in the day, reminding you it is time to review your insurance policy (Manulife). Before bedtime, you enjoy a large glass of filtered water (Brita -Clorox).

These are typical of the goods and services the average Canadian uses every day. Companies whose stocks can be purchased publicly provide many of these products. Of course, your loyalty to a particular product doesn't guarantee that company's success, but it does provide a good starting point in your search for an attractive stock investment. By discussing the company with an investment professional, you can determine if the stock provides an attractive investment opportunity or if another company might better suit your investment needs.

*If you would like to discuss investing in individual stocks, or other opportunities, please give me a call at 613-526-3030.*  
**Bob Jamieson, CFP**  
[www.edwardjones.ca/bob-jamieson](http://www.edwardjones.ca/bob-jamieson)



## CONTINUED FROM PAGE 32

rent mileage rate.

This was a wonderful season. We completed a number of photo survey contracts and we were able to explore parts of Canada we had not seen before, especially in British Columbia and the Yukon. It involved an awful lot of driving. I never kept an accurate account of the mileage, but it was well over 5,000 miles. While in Whitehorse late in September, I traded my 1952 Pontiac for a new 1955 Oldsmobile 88.

During the summer of 1955, Spartan Air Services purchased 15 Mosquito Mk. B 35 aircraft from war surplus in England. Ten of these were being serviced by Derby Aviation and flown to Ottawa by Peter Nock, a ferry pilot. The first of these were in the hangar being modified when I arrived back in Ottawa. These planes were to replace the P-38s. They were considered more efficient taking a shorter time to reach 35,000 feet and with a longer range. From October 1955 to June 1956, most of my time was spent assisting in the modification of these aircraft. The modifications provided for camera and operator space in the rear fuselage, as well as access doors. The bomb bay doors and bomb racks were removed and a long range fuel tank was installed. A fuel dump system was designed

and installed and provision was made for a navigator position in the nose; there would now be a three man crew. Additional radio equipment was also installed.

These modifications were designed by pilot Weldy Phipps and aeronautical engineer Bill Law and were approved under a restricted C of A (aerial survey only) by the Department of Transport. I obtained an endorsement on my Canadian engineers license number YZM 250 to cover this aircraft.

During this period I also made a trip to RCAF Station Camp Borden in Ontario. Spartan Air Services had purchased three Avro Lancaster aircraft from Crown Assets. I, along with two other engineers, and our chief inspector Jack Sanders were to inspect and service the Lancasters, making them ready for the flight to Ottawa. These planes had previously been used for ground instruction of RCAF pilots and ground crew. All military equipment had now been removed. The aircraft were in surprisingly good condition and we encountered no problems in preparing them for the flight to Ottawa. Our requirement was for two aircraft, so the third Lancaster was sold to a Barrie scrap metal dealer for a few hundred dollars; today it would be worth a fortune.



## Retirement: Live it on your terms.

The idea of retirement is not the same for everyone. Maybe you plan to start a second career or work part time. Or maybe you look forward to volunteering or enjoying your favourite hobbies. But whatever your idea of retirement is, do it on your terms. To help you do this, let's sit down and talk. This will help us better understand what you want to do in retirement and develop the right retirement plan to help you get there.

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# Lung cancer target of double virus and drug treatment



Dr. John Bell is seen in his cancer research laboratory in the Ottawa Hospital. SUBMITTED BY THE OTTAWA GENERAL HOSPITAL

*Special to the Riverview Park Review*

The Ottawa Hospital and Hamilton Health Sciences have begun a clinical trial to determine if an experimental therapy that combines two viruses and a drug may be able to treat non-small cell lung cancer. This approach is designed to stimulate the immune system to recognize and attack cancer cells while also killing the cancer directly. It is considered a kind of immunotherapy.

The first trial patient was recently treated at Hamilton Health Sciences. An additional 54 patients are expected to be enrolled in the trial and treated in Hamilton and Ottawa as well as other sites.

The experimental viral therapy being tested uses engineered viruses jointly developed by The Ottawa Hospital's Dr. John Bell, who resides in Riverview Park; Dr. David Stojdl of CHEO; and Dr. Brian Lichty of McMaster University and their respective research teams and colleagues.

"We've been studying viruses and trying to harness them to treat cancer for more than 15 years," said Dr. Bell, who is also a professor at the University of Ottawa. "This is a really exciting time because we now have a much better understanding of how these viruses work and we're seeing more advances in the clinic with viruses and other kinds of immunotherapy."

"The Ottawa Hospital is a great place to conduct this research because we have world-class cancer research facilities right above where patients are being treated," added Dr. Bell. "We're also supported by a great community in Riverview Park. Many of our researchers live here so they can be close to the labs and the patients, while also being part of a vibrant community."

### New wave of treatment

"In recent years, immunotherapy has shown great promise in treating certain kinds of cancer, but we're still at the early stages of understanding and optimizing this approach," said Dr. Garth Nicholas, oncologist and trial leader at The Ottawa Hospital and assistant professor at the University of Ottawa. "We hope that this new combination of immunotherapies will make a difference for people with lung cancer."

"Lung cancer is the most common kind of cancer in Canada, with more than 28,000 new diagnoses each year," said trial leader in Hamilton, Dr. Rosalyn Juergens, an oncologist at Hamilton Health

Sciences and associate professor of oncology at McMaster University. "We've come a long way in improving our patients' survival rates and outcomes, but we can do more. Immunotherapy is the leading edge of a new wave of cancer treatment—we're excited about the potential that it offers to patients with this devastating disease."

### Brazilian sandfly connection

The two viruses used are MG-1MA3, which is derived from a virus called Maraba that was first isolated from Brazilian sandflies, and AdMA3, which is derived from a common cold virus.

Many organizations have supported the research that led to this trial. Both viruses used have been engineered to stimulate an immune response

against cancer cells that express a protein called MAGE-A3. The Maraba virus also achieves an extra layer of anti-cancer activity by replicating inside many kinds of cancer cells and killing them directly.

The trial combines these two viruses with a drug called pembrolizumab, which Health Canada approved for the treatment of cancer in 2016. Pembrolizumab stimulates an immune response against cancer cells by targeting a protein called PD-1.

Patients at The Ottawa Hospital and Hamilton Health Sciences who wish to participate in viral therapy trials should speak with their oncologist.

Partners and acknowledgements This trial is primarily funded and sponsored by Turnstone Biologics, a company co-founded by Drs. Lichty, Bell and Stojdl. Additional funding partners include BioCanRx and the Ontario Institute for Cancer Hospital Foundation, CHEO Foundation, Ontario Institute for Cancer Research, Canadian Cancer Society, Terry Fox Research Institute, Canadian Institutes of Health Research, Ontario Ministry of Research and Innovation, Canada Foundation for Innovation, Ottawa Regional Cancer Foundation, Hair Donation Ottawa, Angels of Hope, BioCanRx, Pancreatic Cancer Canada, NAV Canada and several philanthropic donors.

Health Canada, the regulatory body that oversees the use of drugs in Canada, has allowed the use of these viruses in combination with the drug pembrolizumab in this trial. The trial has been reviewed and accepted by the Ontario Cancer Research Ethics Board (OCREB).

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The early birds gathered together at Dale Park for their spring clean up. Many others came later. What a great crew!! PHOTO: MICHELLE MCLELLAN



Balena Park had some excellent help. Well done to Jacob (R) and his dad Paul. PHOTOS: CAROLE MOULT



Hutton Park wins again with the help of Émile and Charlotte (front) with their parents Chantal and Gilles behind them.

# 2017 Ontario Budget Health Care Highlights

I am pleased to announce that the 2017 budget is a balanced one, the first balanced budget since the global recession. A balanced budget means more funding for the programs and services people rely on most, like health care, education and economic investments.

In our new Budget, we are proposing OHIP+: Children and Youth Pharmacare which will cover the cost of 4,400 prescription medications to all children and youth age 24 and under. Regardless of family income. No deductible. No co-pay. Just present your health card and a prescription and get your medication.

This new program will improve access to more than four million children and youth, resulting in a healthier, more productive population.

OHIP+ represents the biggest expansion of medicare in Ontario over the course of a generation and a major leap towards universal drug coverage for people in the province. Ontario is once again leading the way as this program is the first of its kind in Canada.

If the budget is passed, OHIP+ would start January 1st, 2018.

As well, we are investing \$9 billion over 10 years in new hospital capital funding and \$518 million in new operational funding for hospitals (a 3% increase). We are providing a \$7 billion booster shot to health care, including improving access to care, access to mental health and addiction services, and enhancing the patient experience.

The budget also contains a \$1.3 billion investment to further reduce wait times; a \$250 million investment for home and community care programs and \$100 million over three years for Ontario’s new dementia strategy.

For all Budget 2017 details, please go to this link:  
[www.ontario.ca/page/budget-2017](http://www.ontario.ca/page/budget-2017)

## Here to Help

Please feel free to contact me at my community office if there are any provincial issues I can assist you with. My staff and I will always do our best to help you.

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Nepean winners of the Al Charron Rugby Cup played at Hillcrest. SUBMITTED BY SCOTT HUNTER

# Nepean High School wins Charron Cup at Hillcrest

*by John Jerome*

Nepean High School defeated St. Pete's High School 14-5 to win for the second time the Al Charron Cup. The Cup is named after Charron who began his rugby career at Hillcrest High School and went on to play for the Ottawa Irish and lead Canada. He was capped a record 76 times, 25 as captain. In a 14-year career he scored nine test tries against teams like the New Zealand All Blacks, the South African Springboks and the Australian Wallabies as well as scoring a famous try to defeat Wales at Cardiff Arms Park in the winter of 1993.

He furthered showed his rugby versatility in the Hong Kong sevens on three occasions and in the inaugural Rugby World Cup sevens in 1995. In the rugby world he is regarded as a true gentleman on and off the field and a wonderful credit to his country. Just this year the rugby training centre at Longford, B.C., was named after him.

The fifteen-a-side games were played on two fields at Hillcrest. One is on artificial turf and the other on grass. Schools were Cairine Wilson, Brookfield, Lisgar, Rockland, Col. By, West Carleton, St. Pete's, St. Pat's, Nepean, Gloucester, Sacred Heart and Smith Falls. Sunny and mild weather favoured first matches of the season.

The finals featured Bowl, Plate and Cup rounds, a Bowl Consolation and a Cup Consolation. Much credit for the organization goes to physical education teacher and coach of the rested Hillcrest Hawks, Jeremie Nibogie, and his staff of volunteers. They were ably supported by Gary Schreider, athletics director for the Ottawa Carleton District School Board.

Scott Hunter, head coach of the winning Nepean team, was assisted by Andrew Sghrubb and James Mead. Weather conditions had forced the Nepean team to train indoors in the school cafeteria using wrestling mats. This is the second time Nepean has won the Al Charron Cup. Scott is a member of the Ottawa Irish Rugby Club.

Referee Mark Doyle commented: "I have refereed this tournament for five years and the level of playing and coaching is getting better and better."

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## MYSTERIES OF CANADA

# Canada/U.S. Disputes are nothing new

by Bruce Ricketts

These days we are inundated with news stories about Donald Trump vs. Canada. Whether it is softwood lumber, eggs, butter, milk or immigrants you might get the impression that we are in a unique time in U.S./Canada relations. But nothing can be further from the truth. Disputes between our countries go back a long way.

For example, in 1871, just four years into our existence as a country, the American government set out to demand compensation from Britain for building ships for the Confederacy during the Civil War. This dispute was called the *Alabama Claims*. The title of the dispute had nothing to do with the State of Alabama but rather was named after a celebrated Confederate ship, built by the British, which sunk sixty Union ships during the War. The CSS Alabama was eventually sunk in 1864.

The Americans won the Alabama Claims dispute, were awarded \$15 million, and were emboldened to go for more. More disputes were raised including: rights of American fishermen to use Canadian waters and a boundary dispute between British Columbia and Washington State. Peaceful negotiations between the two neighbours resulted in the *Treaty of Washington*. The formalization of the *Alabama Claims* was included in the treaty.

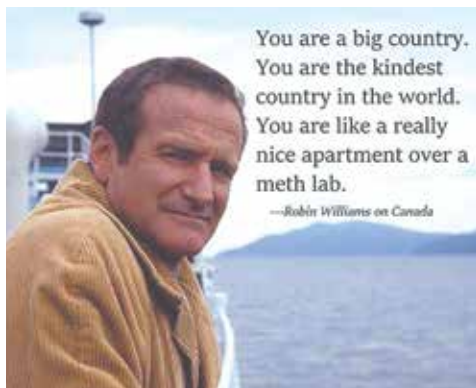
The *Treaty of Washington* has had a long-standing effect on the relationship between our countries. An earlier treaty called the *Rush-Bagot Treaty*, passed in 1818 in the U.S. and ratified in Canada in 1867, established a demilitarized border between us. However, it took until the Treaty of Washington to really put it into effect.

Border issues have been a constant battle between our two countries. Alaska was once owned by Russia. Their right was based on the establishment of fur trading locations at places such as Wrangell and Petersburg and was confirmed in a treaty between Russia and the UK in 1825.

When the U.S. purchased Alaska in 1867 they took over what Russian maps showed to be Alaska. However, the Russian maps showed more land belonging to them than stipulated in the treaty of 1825, which was the last document to have set the boundary. In 1872, British Columbia petitioned for an official survey of the boundary. The U.S. repeatedly dismissed the request, deeming it too expensive.

In 1898, a joint high commission

met to discuss the boundary dispute at which time both sides agreed to a compromise. Unfortunately, news of the compromise got out, and the western states vehemently protested, forcing the U.S. to meekly drop the compromise. Later that same year Britain and the U.S. met to decide on a tribunal to settle the dispute. They could not find a compromise and discussions were halted. When Teddy Roosevelt won the presidency, he applied his motto, "speak softly and carry a big stick,"



towards solving the dispute. Americans began a series of harassment measures against Canada. Canadian miners in Alaska were denied certain legal rights, because of a loophole in the Alaskan Homestead act of 1899. The U.S. also erected settlements along the Southern Panhandle border. The final harassment was policy unofficially adopted by U.S. shipping companies, which slowed Canadian shipments and sped up U.S. shipments.

Finally, in 1903, the Hay/Herbert Treaty called for a six-member commission made up of three Americans, two Canadians and one British member to decide. In January of 1903, the U.S. and Britain agreed on a format to address the boundary dispute arbitration. Each side was to appoint three impartial judges of repute. Legal teams would present their cases and the tribunal would then render a decision.

Theodore Roosevelt made his three impartial selections. He appointed Elihu Root, Secretary of War; Henry Cabot Lodge, Senator from Massachusetts, and George Turner Ex-Senator from Washington. Using his Big Stick policy, Roosevelt sent word that if the panel didn't find correctly, he would send marines in to secure U.S. rights.

So much for impartiality!

On the other side, Britain appointed

Baron Alverstone, the Lord Chief Justice of England; Sir Louis A Jette, Lieutenant Governor of the Province of Quebec; and Allen B. Aylesworth, K.C., From Toronto. Canada was confident they would receive British support due to the help they gave the British in the Boer War. The reality of the situation was that Britain was more concerned about their relations with the U.S. than with Canada. British needed U.S. Steel and sympathies for an arms race with Germany.



Canada was a British Dominion. Thus, its interests were relegated to bargaining chips. The other reality was that the Canadian Legal team had a weak case.

After three weeks of discussion and pouring over every document that was relevant to the dispute, the tribunal... surprise, surprise... voted in favour of the U.S. The Alaskan Boundary was established on paper, and various expeditions were ordered to properly survey the area. The Alaskan Boundary then faded from American recollection.

This was not true for the Canadian Collective memory. The deciding vote came from Baron Alverstone, the British member of the tribunal. Canada thought the British would protect their interests, and consequently view the dispute as a betrayal. The Canadian Government reacted by chang-

ing its policy in the North. They had been told that they could not keep the Alaska Panhandle because they did not assert Canadian sovereignty there, so they changed this by sending Northwest Mounted Police to areas in the far North that were in danger of a similar dispute, such as Hershal Island in the northern Yukon Territory.

Soon after the settlement of the dispute the Canadian Government raised the duties to bring goods across the border. This hurt the economy of Skagway, the primary American border town in the Yukon region. Also, after gold was discovered in Atlin, B.C., the government restricted the ownership of claims to those holding Canadian citizenship. Both policies, the expensive duties and ownership rights, were directed at Americans, apparently in revenge.

Yukon initially reacted negatively to the Council's decision, but positive results came from it with increased American investments in Yukon and a strong Canadian Presence with the Northwest Mounted Police.

Since the final decision was made on October 20th, 1903 the outcome of the Alaskan Boundary Tribunal has never been seriously challenged by the US and Canada.

The bottom line is that disputes between Canada and the US are best solved by diplomatic means and negotiations... not by bluster and threats. The government of Canada should know this and should act accordingly. And Americans? They better not get too aggressive. The last time they did that was in 1812 and we know what happened back then. Bruce Ricketts is a Historian,

Researcher, and author. His Canadian History website, *MysteriesofCanada.com* is viewed by over 10,000 persons each day.

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THE ARTS IN RIVERVIEW PARK

# Interview with Shawne Elizabeth Beames, Soprano

*by Diane Stevenson Schmolka.*  
**Which sounds did your re-member hearing first, as a very young child, which made the deepest impression on you?**  
Mum's opera singing and church music on a little pump organ. It was a very small church, and Grandma played.

**What musical influences in your public schooling influ-enced your career in music?**  
Mr. Ford, the music specialist de-veloped prize-winning choirs. I played cello to be different, because I was always singing. After that, in senior high, (grades10-13), I sang in all the choirs.

**I know you are from a very musical family, but many who are from such a family decide not to make music their pro-fession. What is it about music that compelled you to do so?**  
A singing career suits my person-al temperament-you know artis-tic, mood swings. I tried sales for five years, public education for five years, but it was music which made me feel really good.

**There is a very comedic side to your personality. Have you ever considered being a stand-up comedienne?**  
No! I'm very good at interpreting given parameters: the given char-acters. I'm a good writer, but not improv.

**What operatic repertoire would you not feel comfort-**



Shawne Elizabeth Beames, Soprano. PHOTO: VALERIE KEELER, VALBERG IMAGING

**able performing?**  
Any Tchaikovsky, Wagner or Verdi. They are for very big voices. I'm a coloratura-spinto soprano.

**What are your favorite roles and why? What sides of you do these reveal?**  
My favorite roles are in operetta: e.g. Gilda from Rigolletto, Elsie from Yeoman of the Guard. I've performed a fusion role with Ooh-La-La Opera Company and other local opera groups. They reveal my enjoyment of self-expression. They

allow me to vent my dark and light emotions – and let them go. I have experienced moments of Grace.  
**When you had your daughter, did your voice change, or did your conception of yourself as a singer change?**  
When I had Cait, my daughter, I had different life questions. I read books by Bill Moyers, Joseph Campbell and others when I was on maternity leave. Those books encouraged me to follow my bliss, and my bliss was more singing.

I had been ignoring it, but, then, at 30 years old, I decided to make singing a full-time career. It was for fifteen years.  
**We both teach. What do you like most about teaching peo-ple voice?**  
I like it when the student applies the technique successfully. That makes me happy. They will pass it on to others.  
**If you decided to write and op-era/opерetta, what might the theme or message be?**  
I would continue a project begun by my mother, Eva Beames. She had a wonderful beginning of a sto-ry which was a really unique Cana-dian story based on a true event.

**What performing events do you have coming up?**  
May 6, 2P.M., St. Timothy's Pres-byterian Church on Alta Vista "Voices of Hope"-a fundraiser for the Stolarchuk Family to help with hospital expenses.

**Do you enjoy living in this neighbourhood?**  
Yes, very much because it is full of wonderful artistic people of all kinds. They are friendly, and bright.

*Thank you very much for spending time with me to interview you. We have known each other for several years. When I first met you in Donna Klimoska's studio, I was impressed with your musicality and vocal in-tegrity. It is great having you as a neighbour.*

## Rubin's Paints and Benjamin Moore share information on... the Colour of the Year and Colour Trends 2017

**H**ave you ever wondered how the colour of the year is chosen? Well, with paint colour, The Benjamin Moore Colour Studio forecasts colour trends after a year of re-search attending major industry shows around the world, while also taking cues from standouts in architecture, fashion, textiles, home furnishings and the arts. Fine art emerged as a leading inspiration, highlighting the correlation between an artist's use of colour and light to create mood.  
This year's colour of the year is "Shadow".

Shadow is a rich, royal amethyst. "Allusive and enigmatic, Shadow is a master of ambiance. It is a colour that calls to mind a 'past', yet it can also make a contemporary, colour-confident statement," said Ellen O'Neill, Benjamin Moore Creative Director. "Shadow is sophisticated, provocative and poetic; it can bring energy to a space or harmony and a moment of respite."  
According to Benjamin Moore, the Colour Trends 2017 palette features 23 rich and sophis-ticated hues ranging from muted pales to saturat-

ed deeps. In curating the palette, the Colour Stu-dio lent significant consideration to the pairing of colours and relationships between colour fam-ilies, as well as a newfound level of colour confi-dence in deeper hues among design professionals and consumers. The inspirational Colour Trends 2017 colour card illustrates the use of colour in ways that celebrate how shadow and light travel throughout a space during the course of a day.  
All 3,500 Benjamin Moore colours are avail-able in pint samples at local retailers along with Colour Trends 2017 curated palette cards. Ben-jamin Moore products are exclusively found at the more than 5,000 Benjamin Moore inde-pendently owned paint and decorating retailers across the U.S. and Canada.

Do you want to learn about what Colour Trends of 2017 will work best for you? Why not stop by at Rubin's Paints , 2649 Alta Vista Drive? You will certainly be glad that you did.  
*Reference: Benjamin Moore*

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June 23 to July 16

Sponsored by: COGECOTV



Do you remember the powerful pull of a first love that burns in your soul? Long before the British exported Beatlemania, there was "Candidamania", a phenomenon inspired by this delightfully warm and witty play in which Candida must choose between her clergyman husband and a passionate young poet. How will she decide? Discover this truly original romantic comedy (by the author of last season's award-winning production of *Arms and the Man*).

July 21 to August 13

If you enjoy the edge-of-your-seat anticipation of an Alfred Hitchcock psychological thriller, you'll love this "gaslighting" tale of a young couple who rent an old, spooky country farmhouse. Is our heroine really seeing and hearing things, or are they the after-effects of her recent nervous breakdown? And just who is that mysterious farmer from down the road? You'll discover why this is the most widely-produced Canadian play (*Globe and Mail*), a hit in over 30 countries worldwide.

August 18 to September 10

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Meandering through the streets of Perth is like visiting the backlot of a Hollywood movie set, with award-winning heritage buildings that form the cinematic backdrop to the "Perth through the Ages" historic theatrical walking play. This year's hour-long, family-friendly show observes the 150th anniversary of Ontario and Canada, an authentic re-creation focused on the daily lives, concerns, and conflicts of Perth and area residents at Confederation. Runs Wed. to Sun. at 11 am.

June 21 to August 27



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Expect the unexpected when the unsettled spirits of Perth come out from underneath creaky floorboards and behind slammed doors. Roam with them on an hour-long, family-friendly romp through the town's mysterious and haunted past. Music, comedy, and song are featured in this tale set at the time of Confederation. Runs Thurs. & Fri at 7 pm.

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by Malcolm and John Harding,  
of Compu-Home

If you want to find a prime example of Ottawa’s underappreciated volunteers, you don’t have to look any farther than The Ottawa Personal Computer Users’ Group (OPCUG). Working largely through the Ottawa Public Library’s Community Events Initiative: <https://tinyurl.com/l8s5xan> enthusiastic and knowledgeable members of the OPCUG have presented nearly 500 information sessions over the past few years on subjects ranging from Windows, to Email, to Security, to Software, to Consumer Awareness, to Publishing Digital Photos . . . and the list goes on and on. The lucky people attending these sessions have ranged from very basic users, to experienced professionals, and they have all come away knowing that they are now able to get more enjoyment and productivity from the use of their computers and portable devices.

Public Relations Director Jeff Dubois proudly related to me that one most stellar examples of the dedication of these OPCUG members is current President Chris Taylor, who was recently awarded a richly-deserved City Builder Award by Mayor Jim Watson, in recognition of the hundreds of workshops that he himself has presented!

The OPCUG meets on the second Wednesday of the month from September to June, at the Aviation Museum. The doors open for a social time at 7:00, the main presentation starts

at 7:30, and there is a Q&A following. Believe it or not, even though the membership dues are only \$25.00 per year, the group does not insist that you must be a member to attend. Although you will not encounter many teenagers, (who seem to get their techie fix through other means) there is otherwise a rich cross sample of young and mature, experienced and not. Jeff Dubois told me that a healthy sign of the times is that the number of women who are mem-



bers is increasing in recent years. Membership is currently at approximately 120 members and there are some meetings with standing room only! I can tell you from firsthand experience that a new face is immediately made to feel very welcome.

The activities are not solely devoted to technology. There are pizza nights, harness racing events at Rideau Carleton, and over the years the OPCUG silent auctions have raised many hundreds of dollars for the Ottawa Food Bank.

No matter what your background or level of interest, it is well worth your time to have an

in-depth look at [www.opcug.ca](http://www.opcug.ca) so that you can find more details about just how much this club can offer.

Although the OPCUG is noteworthy, it is not the only group in the region. There are many more clubs – often with a very specific focus – that are maintaining and sharing interest and expertise. [www.webruler.com/mark/computer/user.htm](http://www.webruler.com/mark/computer/user.htm) is a website that contains links to the websites of many of these groups. In addition, just a few more groups worth special mention are:

- The 50+ Computer Club at the Ottawa Public Library <http://tinyurl.com/lxs3mc9>
- Future Kids Ottawa [www.futurekidsottawa.com/](http://www.futurekidsottawa.com/)
- Nepean Computer Club & Discussion Group <https://tinyurl.com/mge4n97>

If you have experience with another technology-oriented group in the area, we would be delighted to hear about it, and will share your suggestions in future columns.

Go to [compu-home.com/blog](http://compu-home.com/blog) for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at [compu-home.com/blog](http://compu-home.com/blog) soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is [info@compu-home.com](mailto:info@compu-home.com)



Member of Parliament | Député

David McGuinty

Ottawa South | d’Ottawa–Sud



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My office provides information on the services offered by the Government of Canada, including:

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- » Guaranteed Income Supplement
- » Immigration Matters
- » Citizenship Inquiries
- » Canadian Passport / Consular Affairs
- » Business Opportunities / Grants & Funding
- » Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

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Si jamais je peux vous aider, n’hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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RPCA PRESIDENT’S REPORT

Unplug Your Devices and Plug into the Community

“No man (or woman) is an island entire of itself; every man (or woman) is a piece of the continent (community), a part of the main.” (John Donne, 1624 – with updates in brackets)

Call me old fashioned perhaps, or perhaps too extroverted, but I think it is simple courtesy or just neighbourliness to acknowledge others in the community when you see them (Even a simple nod or smile will do). Too often, though, I see people increasingly so absorbed in their own technological island – be it their smart phone or headphones – that they tune out the world and the people who pass by them. (What kind of a message or example does that send to young children about the importance of others if you are so self-focused?)

It is sad to think about everything that gets missed out on – both from the perspective of sad and lonely people who could use a “hello” or a simple smile and from the perspective of those who are so addicted to technology and FOMO (Fear Of Missing Out) that



KRIS NANDA  
RPCA President

they actually miss out on getting to meet or make acquaintances of some very interesting people.

Riverview Park is home to many people with great stories to tell – writers, former Olympic athletes, CBC journalists, world-renowned cancer researchers, humanitarians, immigrants, refugees, veterans, artists, musicians and, diplomats to name a few. In fact, everyone has a story to tell, but you’ll never find out unless you make an effort to get to know them. (You can learn a lot from your neighbours!)

Another way of plugging into the community is to get involved

in the some of the activities put on by the Riverview Park Community Association (the RPCA) or other volunteer organization that serves the neighbourhood and the people who live here. Help out with the Riverview Park soccer club, cleaning up one of our parks, supporting refugees and immigrants, organizing a social event for the neighbourhood, or volunteering at a local school.

Speaking of schools, you can also help support the campaign to keep our local schools open, particularly Riverview Alternative School (RAS) and Hillcrest High School. (The RPCA and RAS parent coun-

cil will be hosting an information session at the school Wednesday evening, June 7 and you can also submit your concerns to School Trustees). We need you to come out to public meetings, communicate with School Trustees and staff and our Councillor – and let them know why these schools benefit Ottawa and Riverview Park families and should not be closed.

We would love to hear from you and welcome your involvement in activities that the RPCA and other sponsor - you CAN make a difference by speaking up and participating. A community with active residents is indeed greater than the sum of its parts. So unplug your earbuds, put away your smartphone, and pitch in!

Stay tuned – and plug into the community! Join the RPCA if you are not already a member, check out our website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca) , drop me a line [krppi415@gmail.com](mailto:krppi415@gmail.com) with your questions or thoughts, and/or come to our next RPCA Board meeting on June 14 at 6:45 PM at Maplewood Retirement residence (Corner of Industrial Avenue and Neighbourhood Way)



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Fermée le 7 août)

■ STORYTIMES /  
CONTES

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.

**Summer Session /  
Session d'été**

Mondays, July 3 to July 31, August 14,  
10:30 a.m. to 11 a.m.  
Les lundis du 3 juillet au 31 juillet, 14  
août de 10h30 à 11h

Family Storytime /  
Conte en famille

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required.  
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise.

**Summer Session /  
Session d'été**

Tuesdays, July 4 to August 15, 10:30  
a.m. 11 a.m.  
Les mardis du 4 juillet au 15 août de  
10h30 à 11h

■ SPECIAL  
PROGRAMS /  
PROGRAMMES  
SPECIAUX –  
July/ juillet

**Lego® Block Party /  
Ça dé “bloc”**

Create and build with Lego®! Ages  
6-12. No registration required. /  
Architectes en herbe, à vos Lego®!  
Pour les 6 à 12 ans. Aucune inscrip-  
tion requise.

Fridays, July 7, July 21, 2 p.m. to 4 p.m.  
Les vendredis 7 juillet, 21 juillet de  
14h à 16h

■ 2017 TD SUMMER  
PROGRAMS /  
PROGRAMMES  
D'ETE TD 2017

**“Get Your Summer Read  
On” Day / La Journée « À vos  
marques, prêts, lisez! »**

Bring your favourite stuffed animal  
and join us for stories and treats by  
the campfire. All ages welcome. No  
registration required.  
Apporte ton animal en peluche  
préfér  et rejoins-nous autour du feu  
pour des contes et des petits d lices.  
Pour tout  ge. Aucune inscription  
requise.  
Saturday, June 17,  
2 p.m. to 4 p.m.  
Le samedi 17 juin de 14h   16h

■ Innovate and  
Create! /  
Cr e et innove

Participate in a history of invention.  
What will you create? Ages 7-12.  
Registration required. / Prend part    
l'histoire, que vas-tu cr er? Pour les  
7   12 ans. Inscription requise.  
Wednesday July 5, 2 p.m. to 3 p.m.  
Le mercredi 5 juillet de 14h   15h.

**Red, White and WOW! /  
Rouge, blanc, WOW!**

Paint the town red and white!  
Ages 4-6. Registration required. /  
Sois de la f te! Pour les 4   6 ans.  
Inscription requise.  
Thursday, July 6,  
10:30 a.m. to 11:30 a.m.  
Le jeudi 6 juillet de  
10h30   11h30

**Rag and Bone Puppet Theatre  
presents Snippets 150**

Join Rag and Bone Puppet Theatre  
as they bring your favorite Canadian  
songs and stories to life in celebration  
of Canada's 150th birthday as part of

the AOE Neighbourhood Arts 150  
project. Each performance is tailored  
to the surrounding neighbourhood  
and will feature guest readers and lots  
of audience participation.  
Ages 4-12. Registration required.  
Wednesday, July 12,  
10:30 a.m. to 11:30 a.m.

**Craft across Canada /  
Bricole   travers le Canada**

All aboard for a marvelously messy  
adventure. Ages 4-6. Registration  
required. / Tout le monde   bord  
pour une aventure fabuleuse et bar-  
bouill e! Pour les 4   6 ans.  
Inscription requise.  
Thursday, July 13,  
10:30 a.m. to 11:30 a.m.  
Le jeudi 13 juillet de  
10h30   11h30

**In Sheep's Clothing**

Using the Canadian Children's novel  
Amos's Sweater by Janet Lunn as a  
starting point, children will have the  
opportunity to learn how a sheep's  
wool went from sheep to sweater  
during pioneer times. Children will  
have a chance to try a couple of the  
steps along the way before making  
their own wooly take-home craft.  
Ages 4-6. Registration required.  
Wednesday, July 19,  
2 p.m. to 3 p.m.

**From Eh to Zed /  
De l'Acadie   Yellowknife**

Read your way across Canada. Ages  
4-6. Registration required. / Lis et

ELMVALE ACRES PUBLIC LIBRARY

**Programs at the Elmvale Acres  
Branch  
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June 2017 – October 2017**

■ Children's  
Programs:

**Family Storytime**

Wednesdays – 10:15 am  
Stories, rhymes and songs for  
children of all ages and a parent  
or caregiver. Drop-in program.

**Homework Help**

Wednesdays – 6:00pm  
Get tutoring and homework help  
for grades 1 to 5.

**Bilingual Family Storytime /  
Contes en famille bilingue**

Thursdays – 10:15am / Jeudi – 10h15  
Stories, rhymes and songs for  
children of all ages and a parent or  
caregiver. Drop-in program. /  
Contes, comptines et chansons pour  
les enfants de tous  ges et un par-  
ent ou gardien. Programme portes  
ouvertes.

laisse ton imagination parcourir le  
Canada. Pour les 4   6 ans.  
Inscription requise.  
Thursday, July 20,  
10:30 a.m. to 11:30 a.m.  
Le jeudi 20 juillet de 10h30   11h30

**Walk on the Wild Side /  
Trouve le Nord**

Would you survive in the Canadian  
wilderness? Ages 7-12. Registration  
required. / Peux-tu survivre dans la  
nature sauvage du Canada? Pour les  
7   12 ans. Inscription requise.  
Wednesday, July 26, 2 p.m. to 3 p.m.  
Le mercredi 26 juillet de 14h   15h

**Home is Where the Art is /  
R ve en couleurs**

Get creative and express yourself.  
Ages 4-6. Registration required. /  
Sois cr atif (cr ative), exprime-toi.  
Pour les 4   6 ans.  
Inscription requise.  
Thursday, July 27,  
10:30 a.m. to 11:30 a.m.  
Le jeudi 27 juillet de 10h30   11h30

**N. B. The Alta Vista Library  
is located at 2516 Alta Vista Dr.  
For more information, please  
call 613-580-2424,  
ext. 30426.**

**La biblioth que Alta Vista  
est situ e au  
2516, promenade Alta Vista.  
Pour de plus amples  
renseignements, veuillez  
composer le 613-580-2424,  
poste 30426.**

**Babytime/ B b s   la biblio**

Thursdays – 1:30pm / Jeudi – 13h30  
Stories, rhymes and songs for ba-  
bies and a parent or caregiver. 0-18  
months. Drop-in program. / Contes,  
comptines et chansons pour les b b s  
et un parent ou gardien. 0-18 mois.  
Programme portes ouvertes.

**Storytelling Through Traditions  
/ Raconter   travers des  
traditions**

Saturday June 3rd – 2:30pm  
Celebrate Canada 150 as a family!  
Stories, songs and crafts. Free. /  
C l brez Canada 150 en famille !  
Contes, chansons et bricolage.  
Gratuit.

**Storytelling Through Gardens /  
Raconter aux jardins**

Saturday September 16th – 2:30pm  
Celebrate Canada 150 and Canadi-  
an experiences as a family! Stories,  
activities and gardening. Ages 5-10.  
Free. / C l brez Canada 150 et des  
exp riences des canadiens en famille!  
Contes, activit s et jardinage. Pour  
les 5   10 ans. Gratuit.

CONTINUED ON NEXT PAGE



# SURPLUS WAREHOUSE

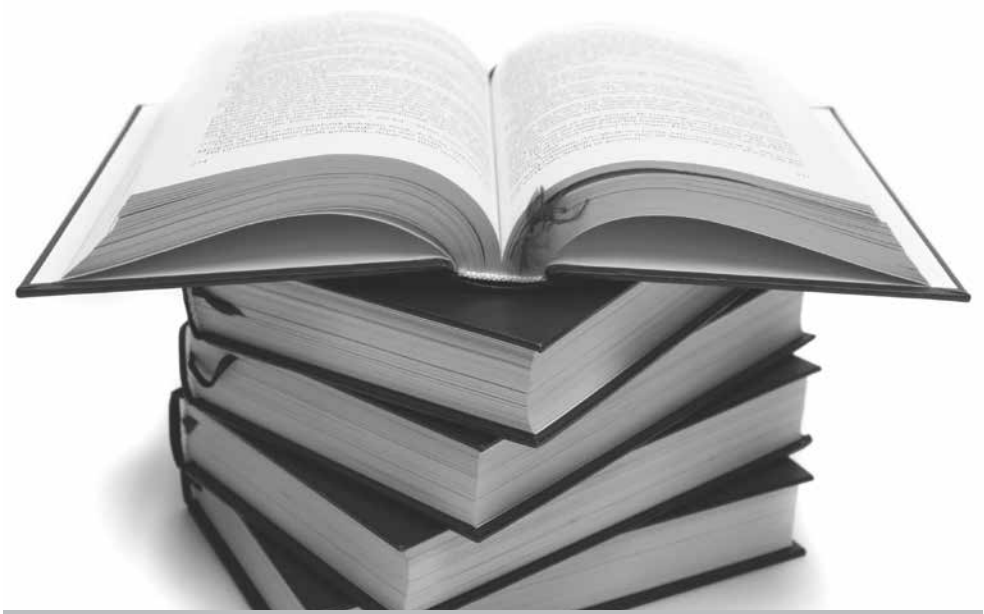
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ELMVALE ACRES PUBLIC LIBRARY



TD Summer Reading Club Programs:

**Opening Ceremony / Cérémonie d'ouverture**  
Tuesday July 4th – 2:30 pm / Mardi 4 juillet – 14h30  
Join us for the TD Summer Reading Club 2017 kick-off! / Joignez-vous à nous pour le lancement du Club de lecture d'été TD 2017!

**Game On! / À vos jeux!**  
Thursdays – 2:30 pm / Jeudi – 14h30  
July 6, 27 & Aug 3 / 6, 27 juillet et 3 août  
Come on in to learn some new games and play old favourites. Drop in. Ages 7-12. / Viens jouer aux cartes, à des jeux de société ou à la Wii. Pour les 7 à 12.

**Jewellery Workshop! / Atelier de bijoux!**  
Thursdays – 2:30 pm / Jeudi – 14h30  
July 13, 20 & Aug 15 / 13, 20 juillet et 15 août  
Make jewellery! Ages 10-14. / Fabriquez vos propres bijoux! Pour les 10 à 14 ans.

**Campfire Tales / Tire-toi une bûche**  
Tuesday July 11th – 2:30 pm / Mardi 11 juillet – 14h30  
Gather around for stories, folktales and Canadian legends. Ages 7-12. / Rejoins-nous autour du feu pour entendre des contes et légendes canadiennes. Pour les 7 à 12 ans.

**Colours of the Northern Lights / Éclatantes aurores boréales**  
Tuesday July 18th – 2:30 pm / Mardi 18 juillet – 14h30  
Make arts inspired by our unique landscapes. Ages 7-12. / Fais des arts

inspirés par nos paysages uniques. Pour les 7 à 12 ans.

**Craft Across Canada / Bricole à travers le Canada**  
Tuesday July 25th – 2:30 pm / Mardi 25 juillet – 14h30  
All aboard for a marvellously messy adventure. Ages 7-12. / Tout le monde à bord pour une aventure fabuleuse et barbouillée! Pour les 7 à 12 ans.

**Walk on the Wild Side / Trouve le Nord**  
Tuesday Aug 1st – 2:30 pm / Mardi 1 août – 14h30  
Would you survive in the Canadian wilderness? Ages 7-12. / Peux-tu survivre dans la nature sauvage du Canada? Pour les 7 à 12 ans.

**Light up the Night / Illumine le ciel**  
Tuesday Aug 8th – 2:30 pm / Mardi 8 août – 14h30  
Celebrate Canada 150 with firework crafts and activities. Ages 7-12. / Célébre Canada 150 avec des activités remplis de bricolages de feux d'artifices. Pour les 7 à 12 ans.

**Memes, Myself and I / Moi, moi-même et mon même!**  
Tuesday Aug 10th – 2:30 pm / Mardi 10 août – 14h30  
High tech meets low tech. Express yourself in paper memes. Ages 7-12. / Exprime-toi en créant un même sur papier. Pour les 7 à 12 ans.

**Closing Ceremony / Cérémonie de clôture**  
Thursday, Aug 17 – 2:30pm / Jeudi 17 août – 14h30  
Join us for the TD Summer Reading Club 2017 wrap-up! / Joignez-vous à nous pour la fermeture du Club de lecture d'été TD 2017!

Adult Programs:

**Mystery Book Club – Monday Nights are Murder**  
Mondays – 6:30pm  
June 5, July 3, Aug 14, Sep 11  
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion.

**English Conversation Circle / Groupe de conversation en anglais**  
Tuesdays – 7pm  
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. / Améliorez votre anglais et rencontrez des gens dans un milieu décontracté. Programme en anglais seulement.

**University of Ottawa Community Legal Clinic Information Kiosk**  
Thursday June 8th – 12:00pm  
Stop by and receive information about University of Ottawa Community Legal Clinic (UOCLC) services. Please note that legal advice cannot be provided.



The sun shone down on this outdoor Ottawa event

by Geoff Radnor  
If you plan an outdoor event in Ottawa in the spring you are certainly taking a big risk. We know that it could snow in April, it could be +30° C, as it was on April 17th 1976, or it might be -6° as it was 1983. You could also be unlucky and have 25mm of rain (that's about an inch). But the annual Riverview Park community Egg Hunt in Balena Park on Easter Saturday was blessed with clear blue skies and warm weather. This brought out a great crowd of families with children of all ages. Alta Vista ward councillor, Jean Cloutier, was there to welcome everyone and surely we must give him some credit for bringing the fine weather. Organizers, Jen Blattman and Allison Klus-Palermo, were glad that he did.



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THE PLANNING AND DEVELOPMENT UPDATE

The Riverview Park Community Association (RPCA) tracks local developments, most notably work on the Hospital Link of the Alta Vista Transportation Corridor (AVTC) Hospital Link road between Riverside Drive and the Ottawa Hospital Ring Road, and the potential school closures of Riverview Alternative School and Hillcrest High School. Other issues the RPCA is monitoring include developments related to the Light Rail (LRT) project, activity in the Trainyards, traffic congestion, and increasing infrastructure for pedestrians and cyclists, including a potential overpass between the Via Train Station and Terminal Avenue

**Details on issues of interest to the RPCA and Riverview Park residents include the following items:**  
OCDSB School Program Review and Boundary and School Accommodations

The Ottawa Carleton District School Board (OCDSB) Boundary and Accommodation Reviews for elementary and high school in the Alta Vista area taking place this year are expected to lead to some school closures. Hillcrest High School and Riverview Alternative School (RAS) are among the facilities that are at risk of potential closure. Both schools have seen a decline in enrollment due to part to OCDSB imposed boundary rule changes.

The RPCA has expressed support for keeping both Hillcrest and RAS open and has endorsed the idea of an invigorated “community school approach” to encourage more students to walk to their local schools. This system would have added health benefits associated with walking to school rather than the additional costs (in time and money) of being bused from Riverview Park to other schools across the city. One option would be to add a French Immersion pro-



**KRIS NANDA**  
**Chair, RPCA Planning & Development Committee**

gram to RAS so attract local families that have chosen not to send their children to the school due to the lack of French programming. (A survey of RAS student families conducted several years ago showed 82% of parents would keep their children at RAS if it had Middle-French Immersion)

The OCDSB held a Community Input meeting on May 29 and staff will release the initial report in September 2017 with their preferred recommendations. The report is expected to call for closure of one area high school and at least two elementary schools. There will be 3 advisory meetings and 2 public meetings with the final report released in mid-February 2018 and a final vote in March 2018. The changes are expected to be implemented in September 2018.

The RPCA and RAS Parent Council are co-hosting a special open house on June 7 at Riverview Alternative School that will focus on the campaign to keep RAS open and provide input to OCDSB staff to use in their report. Meanwhile, the RPCA and parents at RAS have been circulating a petition to keep the school open – to date it has garnered over 100 signatures.

**Alta Vista Transportation Corridor – Hospital Link**  
Construction activity has ramped up again on the 1.7 km Hospital Link section of the AVTC between Riverside Drive and the Hospital Complex. Work on the AVTC road is slated for completion by December 1, 2017 with final landscaping scheduled for 2018. City officials have indicated that they

will share the updated landscape plan with the RPCA this spring. Lead project engineer Bruce Kenny will do another walkthrough of the new paths once the land has dried up from the heavy rains in April and May.

At the invitation of the RPCA, Bruce Kenny met with the RPCA Board in April to provide an update on the project and the work on the new AVTC intersection with Alta Vista Drive. Work begins in June and is slated to take about 2 1/2 months to complete and will involve temporary changes to Alta Vista Drive traffic patterns. Pedestrian and cyclist traffic paths will be adjusted. Cyclists will have to take a traffic lane – no bike lanes are available during the above period – but traffic will be monitored.

In addition, a new pathway is expected to be placed along the Ring Road towards Roger Guindon Drive to link up with the AVTC rather than out in the Alta Vista Hydro Corridor. The agreement is being finalized with expected construction for the new pathway later this year.

Councillor Jean Cloutier’s website has more details on the AVTC project at: <http://jeancloutier.com/hospitallink/>

**Hydro One Overbrook to Riverview (Balena Park) Transmission Line Upgrade**  
Hydro One has now completed the Class Environmental Assessment for the Overbrook to Riverview (Balena Park) Transmission Line Upgrade project. Comments that were received during the 30-day public review period of the draft Environmental Study Report (ESR) – including those from the RPCA – were incorporated in the final ESR, which is available at: [www.HydroOne.com/Projects/OverbrooktoRiverview](http://www.HydroOne.com/Projects/OverbrooktoRiverview).

In May, Hydro One began conducting soil testing along the transmission corridor between Overbrook Transformer Station and Balena Park to finalize the locations of the new poles. Construction of the project is scheduled to begin in mid-summer and Hydro One will host two pre-construction Public Information Centres (PIC) in the summer. Information on PIC dates will be on the RPCA website once they are available.

**Pedestrian and Cycling Connections**  
The RPCA has received and reviewed a copy of the planning study conducted for the City in 2016 regarding options for the link (either a tunnel or overpass) between Terminal Avenue and the Via Station, required as per the original Trainyards Complex project approval in 2001. Many stakeholders, including the RPCA believe that the option of a bridge over the VIA train tracks for pedestrians and cyclists (the \$6.3 Westerly option) would be an excellent candidate for tri-partite infrastructure funding. This message has been shared by the RPCA with local Members of Parliament David McGuinty and Catherine McKenna, and Provincial MPPs John Fraser and Yasir Naqvi as well as City Council members. Ottawa Champions President David Gourlay has also been contacted regarding the option

This project would help provide an active transportation route between the soon-to-open LRT, the refurbished Train Station and the Trainyards Office and Retail Complex. It would also fill in the missing pedestrian/cyclist gap between Alta Vista and the northern side of Hwy 417 (e.g. Coventry Road, Baseball Stadium, and St. Laurent businesses) and is part of the City of Ottawa’s long-term Cycling and Pedestrian Plan network.

The RPCA and other Community Associations are working with Councillors to try to get this project included in the City’s list of projects being submitted for federal government infrastructure funding.  
Trainyards Developments and Tree Planting along Coronation Boulevard

Construction on the 9-storey office building at 405 Terminal Avenue is virtually complete, although a tenant still has not been confirmed. Meanwhile, the opening date has been delayed for the Kettleman’s Bagels next to the same building as M&M Meat Shop and Bulk Barn. A Pet Value store will also open later this year in the same complex.

With new businesses now open in Trainyards (and increased traffic volume), the RPCA asked the City to consider an advance left green light at entrance to Farm Boy/LCBO from Industrial (across from the 628 Industrial site – former lumber yards).

The 628 Industrial construction site will have - two retail buildings (including a Nordstrom’s Rack) plus a small coffee shop.

A sidewalk, trees, grass and some planting beds will be installed on

CONTINUED ON PAGE 45

Chris Ellis

Public School Trustee  
Alta Vista/Rideau-Rockcliffe  
Zone 6 Ottawa-Carleton District School Board

[www.SchoolZone6.org](http://www.SchoolZone6.org)  
613-818-7350 - Chris.Ellis@ocdsb.ca





Riverview Park residents awarded Governor General Sovereign Medals

Three Riverview Park residents were awarded the Governor General Sovereign Medals for their volunteer work at The Ottawa Hospital Riverside Campus. Laura Jabbour, and Irene and Rene Plourde were presented with their medals by CEO Dr. Jack Kitts in recognition of their long-time service. Irene has volunteered for 15 years, Rene for 14 years and Laura has been volunteering for 16 years. Laura says these 16 years have been gone by so quickly, and she strongly encourages new retirees to do volunteer work as it such a rewarding experience, you give back to the community and you make wonderful friends. All three intend to continue with their volunteer work at the Riverside.

Sherri Daly, Manager Volunteer Resources, Ottawa Hospital, Laura Jabbour, holding her Medal, Dr. J. Kitt, CEO of The Ottawa Hospital, and Ulyana Osurio, Coordinator, Volunteer Services, Riverside Campus

**CONTINUED FROM PAGE 44**  
Industrial Avenue later this year. In addition, on the southern side (facing Coronation Boulevard), trees will be planted in what will grow up the fence along the South property line (along Coronation) give a living hedge effect. The new pedestrian connection between Coronation and Industrial Avenue (behind 628 Industrial) is expected to open late summer.

**Elmvale Shopping Centre Redevelopment Proposal**  
The RPCA provided comments on RioCan’s plan to redevelop the Elmvale Shopping Centre, including converting the indoor part of the mall and adding high-rise residential towers with rental unit. An RPCA Board member attended an April 2017 meeting between local Community Associations, staff and consultants on the proposal that covered a proposed park component, land use and built form (what buildings would look like), and transportation issues (vehicular access to underground parking for buildings). The Elmvale Acres CA has conducted a poll of residents and an open house was held on May 24. The project is due to go to the Planning Committee in late June with a vote by Council in July

**Roadwork on St. Laurent Boulevard**  
Work to upgrade the current four lane section of St. Laurent Blvd be-

tween Smyth and Industrial/Innes Road is expected to be completed by November 2017. The \$8.9 million project will see installation of transit lanes and raised cycling track next to the sidewalk along St. Laurent.

**Light Rail Construction Project Update**  
The Hurdman bus loop is slated to be ready to move back to a new facility at its old location later this year. The installation of Overhead Catenary System (OCS) poles on the track between Hurdman Station and Lees Station is expected to be completed by August 2017. The actual testing of trains between Blair and University of Ottawa stations is targeted to begin before the end of 2017.

Information on some project proposals can be found at the City of Ottawa website at: [http://www.city.ottawa.on.ca/residents/planning/index\\_en.html](http://www.city.ottawa.on.ca/residents/planning/index_en.html). The RPCA welcomes your input on these proposals and any other potential developments in the area.

*If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at [krpp1415@gmail.com](mailto:krpp1415@gmail.com). For more information on this and other activities in Riverview Park, please see the RPCA website at [www.RiverviewPark.ca](http://www.RiverviewPark.ca). The contact email for RPCA is [info@riverviewpark.ca](mailto:info@riverviewpark.ca)*

Please recycle this newspaper

Eastway Gardens Community Association Summer Park Events

Park Camp Out Evening – Friday June 16

Let’s kick off the summer with an evening in the park!  
(Rain date – Saturday June 17)

Bring your snacks, beverages, chairs, blankets, flashlights, etc

Cecil Morrison Park Avenue N & O  
Sylvie on O will lead event

Movie Night in the Park – Friday June 23



Star Wars

starts at dusk

Cecil Morrison Park Avenue N&O

Refreshments sponsored by Alex Wolfe Real Estate  
(Rain date Saturday June 24)

Summer Fun Day – Tuesday July 25

11am to 4pm

Cecil Morrison Park Avenue N & O

Many fun events planned for all ages  
**plus** city wading pool

More info to follow  
Kim on O will lead event



Join us at Cecil Morrison Park this summer



COMMUNITY BULLETIN BOARD

■ **Rideau Park United Church**  
Rideau Park United Church,  
2203 Alta Vista Drive,  
Church office: 613-733-3156 ext 229  
(Mon-Fri 9am-4pm) or  
[www.rideaupark.ca](http://www.rideaupark.ca)

**Camp Awesome 2017, Aug. 21 - 25:** This week-long Christian day camp program sponsored by the Ottawa Presbytery of the United Church takes place at Rideau Park, and serves children aged 4-12 years. Led by trained staff, activities include games, crafts, drama, singing, water fun and learning about important topics. The Camp runs each day from 10 am - 3 pm. Children bring their own lunch. Cost per camper is \$75. if registered on or before June 14th and \$85 after June 14th. Optional childcare is available each day both before and after the Camp for an additional fee. For more information and to register online, go to the Camp Awesome link at [www.rideaupark.ca](http://www.rideaupark.ca). Early registration is encouraged and has started

■ **Art Lending of Ottawa Fall Show**  
Will be held at the **R.A. Centre (Outaouais Room), 2451 Riverside Drive (east entrance) on Saturday, September 2nd from 10:00am to 5:00pm.** This is Art Lending of Ottawa's show where one may purchase, lease, and lease to purchase quality fine art from local artists. One may visit [www.artlendingofottawa.ca](http://www.artlendingofottawa.ca) to find further Art Lending details and to visit the artist's gallery to enjoy some displayed work.

■ **Emmanuel United Church**  
**691 Smyth Road. 613-733-0437**  
The Foster Family Farm will be at the church parking lot this summer. Open for strawberries mid-late June, followed by vegetables until the end of season. Hours: Monday- Friday, 10 a.m.- 6 p.m., Saturday from 9 a.m. - 5 p.m. and closed Sunday.

■ **St. Thomas the Apostle Anglican Church,**  
**2345 Alta Vista Drive (by firehall)**  
Parking Lot Sale and BBQ. Saturday, June 10, 8 am to 1 pm. Spaces available for \$20 (includes table). Call Jim at 613-523-2487 or Church office weekday mornings at 613-733-0336.

■ **St. Aidan's Anglican Church**  
**934 Hamlet Rd. Church office 613-733-0102 or E-mail: staidans@bellnet.ca.**  
Summer hours for services July 2-September 3 inclusive, one service each week, at 9:30 Sunday morning

■ **Oakpark Retirement Community Morning Concert Series. 2 Valour Drive. June. Thursday morning in the main lounge from 10:30-11:30. June 8th** featuring "Duo Rideau" Amelie Langlois & Catherine Donkin.

■ **Nativity Parish Food Bank**  
**The local food bank at the Nativity Parish, 355 Acton St. in Riverview Park, welcomes donations on Tuesdays from 7-8 p.m. and Wednesdays from 10:00 - 11:30 a.m.** Juice boxes for childrens' lunches and canned tuna or meat are especially appreciated.

■ **Friends of the Farm- January to December 2017** - Friends of the Farm's contribution to Canada's 150th celebration is their beautiful new book 'Blooms' about the Ornamental Gardens at Ottawa's Central Experimental Farm. It is a wonderful gift for anyone who loves gardens and flowers, as well as a treat for those interested in Canadian history. Available at [www.friendsofthefarm.ca](http://www.friendsofthefarm.ca) and local bookstores.

**June 10** - Friends of the Farm June Blooms 10am to 2pm, donation. Join us to celebrate Canada's 150th with guided tours of the historic CEF Ornamental Gardens, meet Blooms book author Richard Hinchcliff. Park in Ag Museum lot (Pay & Display). The Friend's will be "under the tarp" at the Farm entrance near the parking area with additional information on garden tours and book signing. Light refreshments will be served. 613-230-3276 [www.friendsofthefarm.ca](http://www.friendsofthefarm.ca)

**June 10** - Friends of the Farm and Ottawa Horticultural Society feature joint project from 10am to 2pm in the Ornamental Gardens. The Friends' and OHS are collaborating on "Research and Beauty: Hybridization and the CEF" and "Perennial Favourites: Macoun Memorial Garden." Park in Ag Museum lot (Pay & Display). The Friends will be "under the tarp" at the Farm entrance near the Museum parking area and OHS members will introduce the project to visitors. <http://friendsofthefarm.ca/ornamental-garden-tours/>

**June 11** - Friends of the Farm Tree Tour at 2pm Bldg 72. Insect Tree Tour. Tour leaders will point out evidence of insect activity on leaves, twigs and bark of various trees. They will also comment on insects that are found on or off trees. The tour will highlight the

interdependence of plants, insects and birds, all providing support for the natural world. Free and open to the public, register at [trees@friendsofthefarm.ca](mailto:trees@friendsofthefarm.ca), donations kindly accepted [friendsofthefarm.ca/arboretum-tree-tours/](mailto:friendsofthefarm.ca/arboretum-tree-tours/)


**June 24 & 25** - Friends of the Farm Used Book Sale from 10am to 4pm, Free. Literally the best used book sale in Ottawa, choose from thousands of titles. It's a two-day book sale for a reason! Bldg 72, CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [friendsofthefarm.ca/fcef-annual-events/](http://friendsofthefarm.ca/fcef-annual-events/)

**July 30** - Friends of the Farm Victorian Tea from 2pm to 4pm. Classic tea is served on the lawns of the Arboretum. Dress in full Victorian garb, (optional), listen to live music, enter the best hat and costume contest. Formal Tea \$13 at Bldg 72, CEF Arboretum east exit off Prince of Wales roundabout. 613-230-3276 [friendsofthefarm.ca/fcef-annual-events/](http://friendsofthefarm.ca/fcef-annual-events/)

**August 12** - Friends of the Farm Art on the Farm from 10 am to 4pm, Rain Date August 13, Free. Artists working in various media will display and sell their original work under the trees at the Arboretum. Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 [friendsofthefarm.ca/fcef-annual-events/](http://friendsofthefarm.ca/fcef-annual-events/) For further information, please call: 613-521-2416.

■ **Pacesetters**  
"Why not start the mornings off feeling fresh?" Come and join the Pacesetters Walking Club at **Billings Bridge Shopping Mall.** Activities include walking with your friends, social gathering, knitting for charities, puzzles, and library. Located in the basement of the Tower at the northwest corner of the Mall. Open from 7:30 to 10 am. Low cost of \$10 per year covers our expenses. Call 613-521-6740 during open hours for information.

■ **Maplewood Retirement Community**  
**340 Industrial Ave., 613-656-0556 or e-mail: dcharlebois@riverstoneretirement.ca:** Summer Events- Maplewood's Farmers' Markets, June 25th, 10 am- 2 pm.; July 30th, 10 am- 2 pm; August 27th 10 am - 2 pm; September 24th, 10 am- 2 pm, and October 29th 10 am- 2 pm.; August 9th, Corn & Pig Roast (RSVP); and Apple Harvest, September 14th 10 am - 2 pm



### Lost and Found Pet Recovery Network

We all miss our pets when they become lost. A missing pet is a stressful situation for both the guardian and the animal.

Orrin and Pam Clayton have set up a confidential e-mail list of pet owners (and those who care) in Riverview Park. If you wish to participate, please e-mail [letterit@rogers.com](mailto:letterit@rogers.com) with your e-mail address, postal address and phone number.

When [letterit@rogers.com](mailto:letterit@rogers.com) is notified of a lost pet, all participants will be sent a confidential e-mail with a description of the lost or found pet. When a pet is found, Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned.

Your participation may result in a lost pet being returned to their grateful owner.



## Balena Park Pet Memorial

To commemorate a loved pet while supporting the Canadian Guide Dogs for the Blind, purchase a brick for the Pet Memorial Patio in Balena Park.

For full details go to the RPCA website:  
<http://rpca.wordpress.com/page-1/pet-remembrance-patio-in-balena-park>  
or call: 613-523-4339



# Musical Heritage: Dixie

by Brian McGurrian  
*I wish I was in the land of cotton,  
old times dar am not forgotten,  
Look away! Look away!  
Look away! Dixie Land...*  
“Dixie is a famous song originating from the American South.” True or false?

It can be interesting and instructive to look at songs as historical artifacts, rooted in a particular time and place. For example, the song known as “Dixie” was introduced by Bryant’s Minstrels on April 4, 1859, at a New York City theater called Mechanic’s Hall.

Minstrelsy was essentially a racist stage depiction of happy go lucky slaves speaking in, “blackvoice – a stereotyped representation of black dialect and vocal mannerisms.” and Dixie is a supposedly amusing song about a slave’s “ol’ Missus” and her deceiving husband.

*Ol’ Missus marry Will-de-weaver,  
William was a gay deceaber;  
Look away! Look away!  
Look away! Dixie Land.*

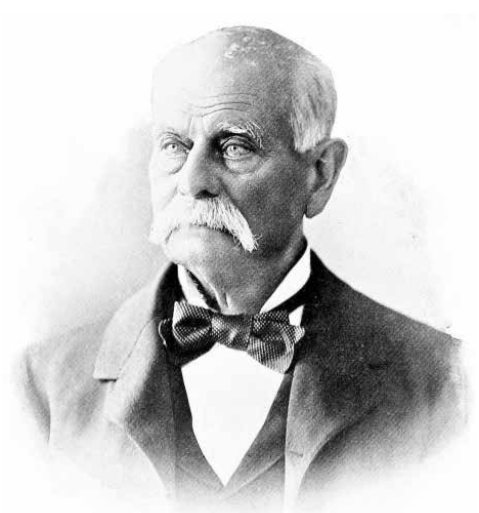
Yes, this guy talks funny; that’s because the composer wants us to know that he’s an illiterate African American. He’s presumably a former slave who (implausibly) feels homesick for his beloved plantation, and he informs us that Ol’ Missus, “died for a man dat broke her heart.” Next we discover that he’s blissfully unconcerned by her death, and is already excitedly anticipating her replacement!

*Now here’s a health to the next old  
Missus,  
and all the gals dat want to kiss us;  
Look away! Look away!  
Look away! Dixie Land.*

Well, okay, minstrel songs were not generally known for their nuanced content; in the context of the minstrel stage performance, the lyrics were mostly just window dressing for the grotesque blackface makeup, outlandish pseudo-formal costumes and flamboyant cakewalk dances.

Daniel Decatur Emmett, the composer of Dixie, and, “one of the first and greatest of America’s black-face minstrels,” was born in Ohio in 1815, of Irish ancestry, toured with a circus as a blackface banjoist and singer, and became a pioneer of minstrel show entertainment. He is still remembered as the composer of such minstrel favourites as Ol’ Dan Tucker (who, “washed his face in the frying pan...”) and De Blue Tail Fly (Gimme cracked corn, and I won’t care).

At the time when Emmett composed Dixie, one of his tasks with Bryant’s Minstrels was to create new songs for the “walk-around,” a concert finale in which the solo performers boisterously strutted stage front, making dandified ges-



Daniel Decatur Emmett

tures - a twirl of the cane (or the mustache) and perhaps a sly wink directed at a girl in the front row - while the rest of the company cavorted in the background, clapping their hands above their heads and stamping on the floor.

Emmett later described how he was staring out of his window on a cold, rainy day in New York City, racking his brain to come up with a new walk-around for an upcoming performance. The weather made him think of an old circus expression: “I wish I was in Dixie.” He immediately grabbed his pen, “and in ten minutes I had written the first verses with music. The rest was easy.”

When circus folk announced, “I wish I was in Dixie,” they meant that they wanted to be somewhere warmer, presumably anywhere south of the Mason-Dixon Line. Charles Mason and Jeremiah Dixon had completed their territorial survey in 1773, finalizing the contested border between Pennsylvania, Maryland and West Virginia. But after Pennsylvania abolished slavery in 1780, the Mason-Dixon Line acquired additional significance as a dividing line between “free” and “slave” states. (The Pennsylvania Abolition Society is believed to have been the first anti-slavery society in the U.S., presided over in the 1780s by Benjamin Franklin.)

Thanks to Bryant’s and other touring minstrel troupes, Emmet’s song spread rapidly across the country.

The mid-1800s was a pivotal moment in American history. Almost from the moment of the arrival of the first African slaves at Jamestown in 1619, there were many who argued that slavery was a social and moral evil, and incompatible with the notion that all men are created equal. But during the 18th and 19th centuries the cotton economy of the South had become increasingly dependent upon slave labour, while the industrial Northern states had gradually outlawed slavery.

During that time, the United States had achieved a vast expansion of territory through purchase, nego-

tiation, and conquest. By 1850, millions of settlers had already pushed westward beyond the Mississippi and the original thirteen colonies had grown to thirty-one states. Also during the 1800s, the abolitionist movement was gaining strength in Northern states, and many slaveholders, particularly in the “upper” South, had granted freedom to their slaves. For one example, George Washington’s 277 slaves were liberated in 1799 under a condition of his will.

The overriding issue of the presidential election of 1860 was whether new states admitted to the Union would be “free” or “slave.” The Republicans, represented by Abraham Lincoln, were hated by the Southerners, because they were anti-slavery, but the Democrats had split into a Northern and Southern faction on the issue, enabling Lincoln to win the presidency without taking a single Southern state, and signaling the beginning of the end for the Southern slave culture.

What does all this have to do with Emmett’s song? Suddenly, as angry Southerners hotly debated withdrawal from the Union, some phrases in the chorus of Dixie began to resonate with unanticipated significance:

*Den I wish I was in Dixie,  
Hoo-ray! Hoo-ray!*

*In Dixie land, I’ll take my stand  
to live and die in Dixie...*

Only three days after Lincoln’s victory, the South Carolina General Assembly passed a resolution declaring the election of Lincoln to be a “hostile act,” and on December 17, 1860, a band played Dixie as each and every South Carolina delegate voted in favour of secession. In February 1861, Dixie was played at the inauguration of Jefferson Davis as Presi-

dent of the Confederate States (and when General Robert E. Lee tried to find a copy of the sheet music for his wife he found that none were left in all of Virginia). The New York Clipper gushed that Emmett’s song was already, “one of the most popular compositions ever produced,” and that it had, “been sung, whistled, and played in every quarter of the globe.” By April 12, when Confederate artillery launched the Civil War by opening fire on the Union garrison in Charleston’s Fort Sumter, the song was already becoming identified as a Southern anthem, “much to the chagrin of Dan Emmet who was anything but a Southern sympathizer.”

New Dixie verses with more pointed political messages began to appear on both sides of the battlefield. The Southern troops were rallied by: “Southrons, hear your Country call you, Up, lest worse than death befall you, To arms! To arms! To arms, in Dixie” only to be jeered by the Union troops who sang, “Away down South in the land of traitors, Rattlesnakes and alligators, Right away, come away, right away, come away.” Confederate General George Pickett ordered Dixie to be played to inspire his troops as they charged forward at Gettysburg.

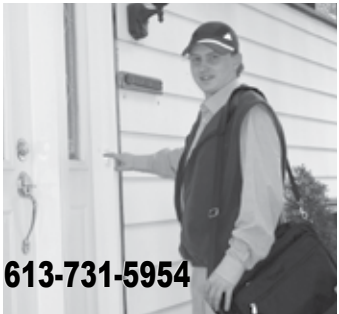
Dan Emmett was attacked in the Northern press for having composed the South’s battle song, but he complained that this militaristic abuse of his composition was unwarranted, helplessly declaring, “If I had known to what use they were going to put my song, I will be damned if I’d have written it.”

Hear it on Youtube: “Dixie’s Land” performed in period style with authentic instruments by the 2nd South Carolina String Band, 1997.

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Malcolm and John Harding



by Bill Fairbairn

British Prime Minister Theresa May has called a general election on June 8, endeavoring to strengthen her hand in ushering in her country’s exit from the European Union and negate Scotland’s rebellious bid for a trade and culture link if not membership of the Union after a Scottish independence referendum.

Almost exactly 473 years ago Henry VIII of the Kingdom of England fought the Battle of Ancrum Moor (or the War of the Rough Wooing) against the Kingdom of Scotland. The Scots mainly through subterfuge won that one.

As his reign drew to a close Henry sought to secure the alliance of Scotland through a diplomatic marriage of his son Edward to the infant Mary Queen of Scots. The Scottish Parliament had none of that in sending Mary to France for education. Nor would the Scots bend to Henry’s dictate that Scotland end its alliance with France.

History repeats itself today off the battlefield as Scotland struggles to keep its ongoing trade and culture ties to Europe while England seems set to end theirs through a hard Brexit.

What caused this possible breakup of the United Kingdom was a referendum two years ago when England’s heavily populated Midlands vote overwhelmingly won Britain’s potential exit (Brexit) from the European Union whereas the Scots (and Londoners) voted Britain remain a member. Since then a cold war has descended on the United Kingdom with its future up in the air. Northern Ireland also voted against Brexit and now has the choice of going back on its vote and staying with England and

# Lilliard may roll in her grave as Scotland and England fight over Brexit



a customs barrier at its border or uniting with the Irish Republic and by so doing remaining in the European Union as one country.

The Battle of Ancrum Moor, fought four miles from my native hometown of Jedburgh in the Scottish Borderland, had a strong woman fighter on the Scots side just as today two strong leaders, British Prime Minister Theresa May and Scottish nationalist government leader Nicola Sturgeon, politically square off against each other.

The apocryphal verse on a memorial stone a few miles from Jedburgh on the edge of the battlefield tells a story.

*Fair maiden Lilliard lies under this stane  
Little was her stature but muckle was her fame  
Upon the Englishmen she laid mony thumps  
And when her legs were cuttit off  
She fought upon her stumps.*

Lilliard is said to have fought in the Ancrum Moor battle following the death of her lover at the hands of the English army.

This episode of England’s long history of peace and war with her northern neighbour started when Henry VIII ordered the Earl of Hertford to devastate Edinburgh

and smaller Scottish towns which he did. Meanwhile an English army under Sir Ralph Eure continued to pillage in the Scottish Borders. Two Scottish nobles, the Earl of Arran and the Earl of Angus, joined forces against Sir Ralph. The Scottish army consisted initially of some 2,000 mid-and-northern Scottish lancers joined by borderers under Scott of Buccleuch. Together they moved to confront the English army of more than 5,000 near Jedburgh.

The English army consisted of 3,000 German and Spanish mercenaries, 1,500 English borderers and 700 “assured” Scottish borderers. As they encamped a small Scottish force made a feint attack then retreated with much of the English force in pursuit. The English chased the Scots far enough to meet unexpectedly the whole Scottish army hidden on the far side of a hill. The Scots had surprised them and the setting sun dazzled the English when the Scots charged with their longer lancers.

The English army tried to rally but their Scottish borderer allies chose to tear off the red crosses that identified them as being with the English and reverted to their former allegiance. The English army broke and was forced to scatter through a hostile countryside losing 800 men killed and 1,000 taken prisoner.

According to an English report, Arran came to the battlefield and asked a prisoner to identify Sir Ralph Eure’s body. Arran wept and said: “God have mercy on his soul for he was a fell cruel man and over cruel, which many a man and fatherless bairn might rue, and well-away that ever such slaughter and blood shedding should be among Christian men.”

This decisive Scottish victory brought some peace for a while in Scotland but it did not last.

Today England and Scotland are off the battlefield but into harsh diplomacy around Scotland’s vote to stay with the European Union.

There is no knowing how things will turn out for the United Kingdom or what the June 8 general election will presage. May’s Tory government is way ahead of the Labour Party and the Liberal Democrats in the polls. Nicola Sturgeon’s nationalist party will no doubt win in Scotland since they already have all seats but one there.

Despite the United Kingdom’s history of warfare and rewarded peace the questions to be answered today are: Did the English-dominated Westminster Parliament make a terrible mistake by legislating a break by Britain from the European Union? Or, are the Scots fundamentally merely minority fair-weather friends seeking to uphold a traditional open European connection?



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VINCENT MASSEY SCHOOL

Growing S.O.L.Es

by Grant Graham

Growing SOLEs, the grade 8 group of youth philanthropists at Vincent Massey are now in full swing running their activities in the community.

Our sports sessions of Kin-ball, Hand Baseball, Soccer Baseball and Tchoukball are taking place in the gym. Our first session of Kin-ball on May 10 had grade 6 students playing the two different Kin-ball games. The instructors joined in on the fun and encouraged the kids while they were playing.

Our coding sessions at the Russell Heights community house were amazing. We experienced some great success and created connections with the kids. The participants were assessed based on the skills and needs of their coding. From that, students personalized their program to make it fit with the participant’s expertise, which created a positive experience that everyone enjoyed.

Our perennial planting initiative is raising money to install plants and add to the beautification of the community of Russell Heights. We have been asking for pledges from the local residents and are doing a Water Walk on May 26th, where students will haul 2 full buckets of water from Vincent Massey to Russell Heights to display our perseverance and importance of our initiatives and goals. We have been approaching local businesses to see if they will “adopt a flower bed”. So far we have a commitment from Eagle Automotive, CSAD training centre, OEM Pro Am tools.

Our Bike Tune Up Day was on May the 11th and all the students who volunteered to make this happen trained for weeks on how to refurbish bikes. These fixed bikes were generously donated by the community of Vincent Massey and were then given to children in the Russell Heights community complete with a new helmet. The student volunteers fixed almost 60 bikes and were able to outfit them with reflector tape and bells. Safe Roads Ottawa was also present at the event, providing mechanics and a bike rodeo to teach safe cycling.



From the Safe Roads Ottawa, Verna teaches cycling safety.



ABOVE: Quite the team: On the ground, Alex Janes. L to R: Evelyn Hywarren, Harrison Brown, Rebecca Charman, James Shaheen and Mr. McKeen.

RIGHT: Another Safe Roads Ottawa helper: Andrew.

PHOTOS BY CAROLE MOULT



Bike repair expert, Chris Wightman, was a huge help.



Lending a hand was parent Kouis, with Alayna



The expertise of Watson and Jonathan from Right Bike was much appreciated.



DEAR FRAN



FRAN DENNETT  
dearfrangardener@gmail.com

# Gardening in containers

Container gardening dates back to 565 B.C. and is the modern application of an ancient art form. The Hanging Gardens of Babylon are a prime example. Around the fifth century, when food was becoming more plentiful, people turned to flower cultivation. The Romans began gardening in containers when their cities became cramped and courtyards were too dark to grow flowers. They gardened everywhere there was light; on roofs, window ledges, and balconies. They grew shrubs, vines, trees, flowers, fruit and other food.

Today, for almost the same reasons, small spaces and little light, there is a resurgence of gardening in containers. Home gardeners and apartment dwellers with small spaces or limited sunlight are embracing gardening in containers as never before. Rooftop gardening, a giant format for container gardening, has become an environmental statement for big business. Witness the living garden of 454,000 square feet (10.4 acres) of Sedum on the roof of the Henry Ford Rouge Factory in Dearborn, Michigan.

There are several factors to remember when gardening in containers:

1. Everything is under the control of the gardener—water, food and plant material.
2. The container and plant material must be suitable to the site.
3. If you plan to be away for long periods of time, do not garden in containers, unless you have very good friends willing to water for you on a daily basis.
4. If you wish to vegetable garden in containers, you will need a greater volume of soil than if you are just growing flowers.

### Evaluating Your Site

Just as with evaluating a garden site, the area where you wish to use containers must be evaluated as this will help determine which plants to buy. What is your exposure? East is cool morning sun. West is hot afternoon sun. How much sun will the container actually receive? Five to six hours per day is good. If it is the 10:00 am to 2:00 pm sun, the hottest part of the day, you will need to provide shade. Is it windy?



Lastly, apartment dwellers must check their leases for what is allowed in your building. Is there a weight limit for a container? What happens if water drips onto the apartment balcony below? Must window boxes be hung inside or outside of a railing? These points must be considered by apartment dwellers.

### Suitable Container

A suitable container is important. You must consider the combined weight of the container plus the soil. Can you move it? Is it too heavy for your apartment balcony? The size of a window box should be at least 6-8 inches deep and 6 or more inches wide for healthy plants to grow properly.

The container can be made of terra cotta, stone or cement. All are good, look great, but are heavy. The newer materials are lighter in weight, provide good sun protection for roots, but are expensive. Wood is good, but needs to be sealed with a copper based wood preservative. Plastic containers are good, except there is no protection for roots when the sun is directly on the pot, unless it has very large volume of soil or is in the shade. When the sun shines directly on a plastic container, heat is transferred directly to the soil and roots are steam cooked. Wire frames that are lined with coir (coconut fiber) will drip water. Placing a plastic saucer in the bottom before the soil is added will

help. These fiber forms look great, but need daily watering, will drip and are heavy. Hanging containers need a hook sufficient to carry their heavy weight.

### Soil

Good potting soil is essential. For growing vegetables, try the soil containing mycorrhizal fungi that help to strengthen roots. Vegetables require a larger volume of soil, for example, a single tomato will need at least a 2-3 gallon container. For growing flowers, the soil that has water retention capabilities helps to reduce watering. While you can grow flowers in the food growing soil, it is not recommended to grow food in the water retention types of flower soil.

### Light

Light is the critical factor. Sun is needed to produce food and flowers. Some people put their containers on trolleys and move them with the sun. This is not feasible on a balcony. So chose the right

flowers for the amount of sun the container will receive.

### Plant Material

The plants, the colours you choose, and the design in a container is very personal. This is your chance to be bold and creative. Usually, there is a tall plant in the center surrounded with medium height plants, and then trailing plant material over the side. Plants that trail over the side of a container provide protection for the container and the roots by absorbing the sunlight.

Choose plants that are suited to your conditions. Even plants grown in containers are susceptible to pests and disease. Well-fed, healthy plants are better able to resist pest or disease invasion.

### Maintenance

Finally, maintenance is what is needed to keep the container looking great. Remove all dead flowers and leaves. Water as needed. This can be as much as three times per day in hot weather, depending on the size of the container. Fertilize every two weeks following directions on the package. Or, use what is called a transplanter solution—1/4 the recommended amount of fertilizer in the same volume of water—every time you water. Think of it this way, how well would you grow if you only ate every two weeks?

Container gardening requires a lot of attention, but it does bring colour to dark places and joy with the flowers and the food you grow. In spite of all the work, I still place containers of annuals at my front door and on the patio for nonstop colour, and, as an added benefit, the flowers are a source of nectar for the pollinators.

I look forward to hearing any comments from readers. Happy gardening!

- Master Gardeners of Ottawa-Carleton (MGOC) check our website for gardening information <http://mgottawa.mgoi.ca>.
- If you would like to receive TROWEL TALK, a free monthly electronic gardening newsletter, contact: <troweltalkeditor@rogers.com> to be added to the list.
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- Fran Dennett is also President of the Gloucester Horticultural Society. Please call 613-738-9724 for information.



JISEIKAN AIKIDO – CURIOUS?



by Winking Owl

Aikido classes are normally three times a week for me. Often I get some new thing, but before the next class I let it slip away. Kangeiko week is different. With practice every morning at five-thirty, plus two evening classes, when I catch something new I can expect to build on it by the next day. Like for Gyaku Kote Gaeshi ... begin to drop as I start to pivot. That gives me more room for the pivot. It feels good to contemplate improving on something particular.. to enjoy a simple, short-term anticipation.

The day after Kangeiko I was tidying our cluttered basement. Maybe just a coincidence. Kangeiko is a chance to re-visit assumptions and conclusions. A time for seeing in new light. For practicing mindfulness. Partners vary. Attacks are unpredictable.

Kangeiko is a chance to take a close look at the way I practice and learn. Some people are naturals. They may be Born naturals or Made naturals. Naturals see the whole of things. They take it all in and can do it without getting it wrong and needing to analyse it and fix it. Most of the time I have to overcome difficulties through trial and error and practice. I am working on my 'vision'. I want to be a natural.

Lying awake at four o'clock, knowing the alarm would soon ring, I was prone to melancholy, dwelling on the troubles of the world, the sadness in people's lives, the pointlessness of things, how to stop brooding and get some sleep. On the mat, all of that was gone, pushed away by interest in what we were doing. Curiosity is an antidote for depression.

Curious people are hard to fool with fake news. They are the type who are not satisfied with the facts as they know them, but who experience pleasure in contemplating surprising insights into how the world works.

Studying Aikido for self-defence per se is only interesting for a few years. Eventually curiosity has to take over as the main motivator. Curiosity about how techniques work,

how my body works, my mind, me. Things will keep their fascination as long as I will go deeper.

There was a half moon that week. A Spanish friend told me that the moon is a liar .. when it is waxing it bulges like a D for Diminuendo and when it is waning it bulges like a C for Crescendo. I had to check it out. Sure enough, at our latitude when the moon rises after the sun, it is waxing and has its roundest side on the right (D), and when it rises before the sun it is waning and has its roundest side on the left (C). I have looked at that moon and sun through sixty years and never wondered. Never asked myself the question. Why would I, until something said stop looking, try contemplating. Is curiosity what keeps a teacher teaching? They say if we want to understand something, study it, and if we want to master it, teach it.

Chinese does not pluralize words. Singular and plural are understood from context. English not only pluralizes nouns but also has the 'the' for a particular thing, and the 'a' for any one of many. I wonder what aspect of culture influenced our grammar to evolve that way. I wonder if explicit pluralization makes for more efficient legal precision or such. Learning something new affords a new viewpoint.

I was presenting to our class the overall approach for us to construct our Rooster Year banner, and Sensei interjected that I could limit myself to what each person should start with. Piecemeal, to keep it simple. But I felt that everyone needed to understand the big picture so they wouldn't need detailed instructions later and they would see better and make fewer mistakes. I don't always follow the 'need to know' approach. There is a place for that with beginners. Too much information can confuse them. But too little limits insight and initiative.

On Thursday evening Sensei saw that we were all tired so he cut the practice short and had us meditate. He asked us to dwell on something that was bothering us. I wasn't tired, I wasn't sore, so I thought about Donald Trump. But

it was like Sensei said later.. after a while I got tired of thinking about Trump. My knees were starting to bug me more. But after ten minutes of that, I let my legs relax, and with my knees no longer troubling, I listened to the fish tank bubbling.

After meditation, Sensei spoke to us about the benefits of taking time to write down our thoughts. He said it can help us get rid of negative feelings. He said if a person can talk they can write. Many years ago when he and I were Aikido students together, he encouraged me to always speak up and share my thoughts. Sometimes the right word at the right time can change a life. Throughout my engineering career his piece of advice served me very well. People respect the confidence to be open and vulnerable, even if they don't agree with what they hear, even if they think it's dumb.

It was an easy week for me. Physically I had little discomfort. Mentally things were easy too, because I was challenged to get my preparations complete for making the New Year banner on Wednesday, and once that was done, the training was half over so it was all downhill before I had any time free for getting bummed out.

Our New Year banner shows the silhouette of Sensei practicing Tai Chi last summer in China by a monument to the Nine Dragons who brought the rain. That image is from a sunrise photo I took. Roosters were crowing in the distance. All around, birds and cicadas were singing like crazy. Lots of bats were in the air. Designing that banner for the year of the Rooster was serendipity. Contemplating it in our dojo takes me back.

Kangeiko can be a struggle if I dwell on the inconvenience. But whenever I can switch my train of thought to just one pleasing

expectation and dwell on that, it keeps my energy up.

Sensei drilled us on letting go of efforts to force an attacker into a particular technique. A metaphor for life. It is surprising, how my expectations shape my actions in unintentional ways. Sensei showed us gyaku kote gaeshi and asked us to practice it. It gave me lots of trouble at first. Then it was revealed that I thought we were doing shiho nage. I was doing one technique while thinking I was doing another. That will screw you up. Why did I think like that? In the weeks before kangeiko we didn't practice gyaku kote gaeshi, but our senior class practiced shiho nage from a back-and-forth slashing attack. When Sensei began to demonstrate with a student who was to use that same attack, I expected that he would use the same shiho nage defense and then I would practice it. But when Susan offered her attack, I was confused to find that my expectation was all wrong. Even my perception of Sensei's demonstration had been wrong. My map did not match the terrain, and I didn't know it. Then Sensei got me to name the technique we were practicing and I mistakenly replied shiho nage! D'oh!!!

Meeting our cat on the stair, until I am passing him he waits, ready. Then he scoots by. He shuns expectations.

How does contemplation differ from meditation? Eyes open / eyes closed? Directed at some thing / directed in? Why did Sensei ask us to meditate on that comparison? Maybe it's a sort of koan that has no answer and presents a paradox in a loaded question, to show the limits of concepts and words and logic. To teach not by giving answers but by encouraging wonder.

Curiosity killed the cat, but satisfaction brought him back

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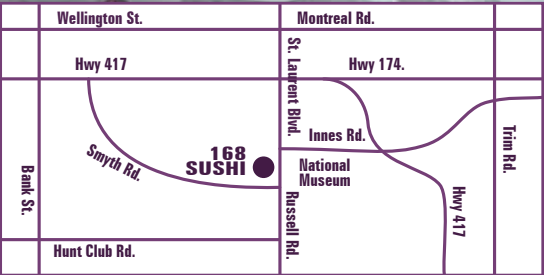


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